

Hudson
HUDSON HENDERSON INSURANCE BROKERS

AUTO ~ HOME ~
BUSINESS ~ COTTAGES

INSURANCE
705-286-4727
info@hudsonhenderson.com

MINDEN • HALIBURTON • BANCROFT

The Times

MINDEN ONTARIO

Publications mail agreement # 40063862

www.mindentimes.ca

\$1.50 (incl. GST)
Wednesday, January 20, 2021

ROYAL LEPAGE

LAKES of HALIBURTON

*Selling your property
is as easy as 1,2,3,4.*

705-286-1234

Check out our new location at 12340 Hwy #35

RE/MAX PROFESSIONALS NORTH

LISA MERCER
BROKER

Don't keep me a secret.

lisa@lisamercer.ca
cell: 705.457.0364

Follow me on Facebook!

Not intended to solicit properties already listed for sale

Seeking improved connectivity for students

by CHAD INGRAM
Editor

County-based social services agency Point in Time is launching a campaign to assist students and their families with the cost of internet connectivity in the virtual learning environment created by the COVID-19 pandemic.

With schools in southern Ontario closed until at least Jan. 25, students are expected to attend classes virtually. However, as Haliburton County councillors heard in a presentation from Point in Time during a Jan. 13 online meeting, not only does poor connectivity in parts of the county cause an impediment, but so does the amount of data attending online school requires, pushing many family data plans past their limits. Additionally, many students are opting for full-time online learning amid the ongoing pandemic, and on snow days, rather than classes being cancelled, students are expected to tune in online.

"We're certainly very concerned about the impact of COVID on youths in Haliburton County ... and how it has amplified the connectivity or internet issue," Point in Time executive director Marg Cox told councillors. Cox said there are 150 children and youth in the county who can't attend school virtually, but who are supposed to be right now. Cox said there is concern some of these students

see DATA page 2



Happy trails

Highlands resident Jane Symons Nordic skis at Twin Lakes north of Minden. Symons is part of the record numbers of skiers using the trails that are part of the Haliburton Highlands Nordic Trails and Ski Club Association's network of trails this year. Twin Lakes offers seven kilometres of groomed trails for skate and classic Nordic skiing. /Photo submitted by Vivian Collings

County addresses 'misinformation' on shoreline bylaw

by CHAD INGRAM
Editor

Haliburton County councillors are calling another special meeting to further discuss the county's controversial draft shoreline preservation bylaw, after a discussion during a Jan. 13 council meeting that addressed misinformation about the draft bylaw being circulated in the community.

The bylaw, which aims to protect lake health by maintaining and re-naturalizing shorelines, would restrict site alteration and the removal of vegetation within 30 metres of the high-water mark around water bodies. It has stirred some controversy in the county among waterfront property owners, as well as members of the community's construction and landscaping industries.

"I'd like to begin this discussion by saying, I'm a little bit disappointed, I'm more than a little bit disappointed, to see the misinformation that has been put in advertisements in the newspaper, in letters to the editor, the false information that's been spread through various methods ... through the internet, and through Facebook" said Algonquin Highlands Deputy Mayor and County Warden Liz Danielsen. "I'm also disappointed to see the number of people who are willing to cast dispersions about us and our work, about the thought that this is being sprung upon them, and we're doing this under the cloak of secrecy. This is a topic that's been under discussion for two-and-a-half years and longer, and if you're

see FEBRUARY page 2

MELANIE HEVESI
Broker

cell 705.854.1000
info@melaniehevesi.com
www.melaniehevesi.com

Make ME your REALTOR® of choice

705.854.1000
www.melaniehevesi.com
info@melaniehevesi.com

12 Mile Lake - \$499,000

JUST LISTED

Original 3 season (3 bed, 1 bath) 880 sq ft cottage sitting on a fantastic 12 Mile Lake level lot. Ripple sand beach & southern exposure with big lake views.

Data requirements too much for some families

from page 1

may not be able to earn their credits.

Michael MacKenzie, a professor of social work at McGill University and a seasonal resident of the county, was part of Point in Time's delegation. MacKenzie noted the ongoing pandemic has widened already existent gaps for residents who may be struggling.

"The existing disparities have really widened for those most in need of connection, both for educational opportunities and supportive services, during COVID," he said.

MacKenzie said Haliburton Highlands Secondary School had done some polling of its students before the holiday break, which showed 14 per cent of students reported having reliable access to the internet at home, and that 10 per cent reported having no device by which to access the internet.

While the Trillium Lakelands District School Board has been providing devices for students to use, "the data issue remains deeply concerning."

MacKenzie said 54 per cent of students reported having less than unlimited access to data, and that many family data plans were for somewhere between five and 20 gigabytes per month. Classes convene via application Google Meet.

"Google Meet requires between .5 and 1.5 gigabytes per hour of class," MacKenzie explained. "So we're talking about significant numbers of kids, even amongst those who do have internet access, where just six to 10 hours of class streaming per month would be beyond their family's entire data allotment."

Councillors also heard there have been cases of college and university students living in the county who were expected to learn remotely this school year who were not able to continue with their studies for the time being due to lack of connectivity.

Megan Klose, a student rep from HHHS, shared a num-

ber of anecdotes about the challenges of virtual learning with councillors, including students sitting in cars outside the high school in order to access a signal and do their work, as well as multiple members of a family working from one vehicle. While students are expected to learn online during snow days, Klose said for some, poor weather basically eliminates their internet connectivity.

"Especially people with different socio-economic statuses, it puts people behind in their education," she said.

"Our campaign is really targeted towards those who otherwise really can't financially afford the connectivity or internet costs," Cox said. Cox said the United Way had directed some \$7,000 in federal funding toward the cause, and that with the assistance of county chief administrative officer Mike Rutter, some \$14,000 in unspent camp funding through the City of Kawartha Lakes, the social services provider for the county, was able to be redirected to help students with data costs. Cox said Point in Time has also been in touch with the Coalition of Haliburton Property Owners' Associations and was hoping it would help canvass its member associations. The organization is also looking to the county for financial assistance.

Cox said the cost to provide one family with sufficient internet for a month is about \$100, so with 150 families, that cost is \$15,000 per month, or about \$180,000 a year.

Dysart et al Mayor Andrea Roberts wondered where the provincial government and the Ministry of Education was in all of this, in terms of responsibility to ensure all students have adequate internet access for online learning.

"We're very concerned that if we wait for provincial intervention, that the youth in our county will be losing credits," Cox said.

While Algonquin Highlands Mayor Carol Moffatt acknowledged the need was obvious, she expressed concern about the county picking up what should be someone else's tab.

“

The existing disparities have really widened for those most in need of connection.

— PROFESSOR MICHAEL MACKENZIE

”

"One of the things we've talked about before at our tables and at this table, is when you ... when you start paying the costs that others should bear in the course of their existence, such as the school board or the provincial government, sometimes that then becomes the norm," Moffatt said.

County council will consider the request as part of its 2021 budget deliberations.

Moffatt also suggested the county should be writing letters to the province and school board regarding what the online learning situation looks like on the ground in Haliburton County.

"We need to get the word out that we need to help youth prosper, here," she said.

February meeting to include public commentary

from page 1

just realizing it and are willing to complain, then I think you should probably take a moment to look into the details of this."

"I would like council as part of this discussion to talk about how we might respond to this misinformation or respond to ads that suggest we're going to spend three quarters of a million dollars on this next year," Danielsen continued. "That's just one of the concerns that I've got. It is unfortunate that people feel they need to start calling us names and giving members of council a difficult time."

Danielsen said numerous emails have been received regarding the draft bylaw, many of them positive, but said many, she thought, were reactive to misinformation being spread.

Dysart et al Mayor Andrea Roberts noted that of all the emails and Facebook posts she's seen, she's received just one phone call from a resident asking for information on what's happening with the draft bylaw.

"A lot of the emails are pertaining to the fact that because we are in a pandemic ... is this the right time to be doing public consultation," Roberts said. The county is collecting public feedback on the draft bylaw through its website at <https://www.haliburtoncounty.ca/en/living-here/shoreline-preservation.aspx>, or planning staff and councillors can be reached by telephone. There is also going to be a Zoom-based public meeting on Feb. 24.

"It seems to be such a divisive topic, and it's basically you're either for or against, and I truly believe that there's a middle ground," Roberts said. "Everybody cares about the lake health."

Roberts said she was in favour of having a third-party facilitator gather input from interested parties, "because right now I truly feel it's off the rails."

Minden Hills Mayor Brent Devolin said as far as he can tell, most of the emails council is receiving on the matter are regionally driven, coming out of Dysart. Devolin said he wanted to see the county's input process continue.

"COVID's going to be with us for years," he said, "and I would arguably say at the end of this term of council, and for us to delay it because of COVID, I don't think it will get dealt

with in this term of council, and I truly think that would be a mistake."

Devolin also said that any bylaw was a living document, and that changes could be made in the future, if so required.

"What we've put in place allows people to have input from wherever they are," Danielsen said.

"There's no question this issue is contentious and people have their heels dug in," said Algonquin Highlands Mayor Carol Moffatt. Moffatt said she'd like to see more refinement of the questions the county was putting to the public through its website. "We have a very narrow window to do it well, and do it correctly, and I'm not sure that we're there yet," she said.

"Contrary to some opinions that I'm hearing out on the street, I'm not in anyone's back pocket, so I want to qualify my comments going forward with this," said Dysart et al Deputy Mayor Pat Kennedy. Kennedy said he didn't believe the draft bylaw was yet in a form where it should be taken to the public for input. "I fully endorse a step back," he said, "answer some of the questions that Councillor Moffatt has raised, as far as what the process is."

"I feel we have lost the public trust on both sides of this issue," Kennedy continued. "... we need to take a step back, and the province and the feds have done it in other ways, for example a royal commission, take a look at it with an arbitrary, open mind from both sides. My position is step back and regroup."

Moffatt had concerns about introducing a third-party body. "Who would be on that, and what would it look like?" Moffatt said. "... The question is, how do you not leave somebody out? There's a lot of misunderstanding, because we've been told that a certain number of lake associations are in support. Now, the lake associations are eating each other alive from the inside out. I can tell you personally, I get information from the public, and I believe our job is to get information from the public, and then debate each other, not debate the public."

Danielsen said very few of the complaint-driven emails she's received have been specific regarding what the concerns about the bylaw are. She reiterated council has not said it would pass the bylaw by any specific date.

"This is not a bylaw that's complete, it's a draft," she said. "And we're consulting people and gathering information to help us make the correct document."

Roberts said she'd been approached by a number of people who'd be interested in being part of some kind advisory committee. "Would it not be something that we appoint as an ad hoc committee of county council, and it would be at our discretion of who we feel would be best represented ... of interested parties, and professional parties, of scientists, of environmental engineers and that type of thing, and we could create, who we feel would be best on that advisory committee," Roberts said.

Moffatt reiterated her hesitancy about creating that kind of group. "In the beginning, there was some talk about some kind of ad hoc committee," Moffatt said. "And I'll be very frank, some of the really crappy things that were done by some of the people in the community who purported to want to be on that ad hoc committee, including threats and withdrawals of business, and just some really horrible things in the community ... I wouldn't support any of those people being involved in any of this, because they're incredibly biased, they've made some incredible missteps in the community, have generated a lot of unnecessary infighting. I think ultimately it's our job as the people who were elected to listen to the public. Our problem now, I think, it's all the noise that's out there. We can't address the misinformation without a dedicated information campaign, and we can't do that without dedicated resources and time, out of what budget? And so I don't know that going to some sort of consulting group is going to assuage the concerns that are out there, because there will just be accusations of, all your people were handpicked."

Danielsen said she was not comfortable with an ad hoc group being led by someone outside of the county government. "I think that that just splits things down the middle," Danielsen said. "This is the group that's responsible for making the decisions. I have some concerns about that, but that's something we can talk about again."

Councillors agreed that a special meeting would be scheduled for further discussion, and it will take place Jan. 27 at 1 p.m.

MH council eyes 3.65 per cent levy increase

by CHAD INGRAM
Editor

Minden Hills council has set the goal of a tax levy increase in the township's 2021 budget of 3.65 per cent.

Councillors made that decision during a budget meeting on Jan. 14, the second of what will likely be four meetings dedicated to the budget.

Mayor Brent Devolin asked councillors what sort of tax levy increase they were comfortable with for the 2021 budget. Councillor Bob Carter noted with the ongoing pandemic it is a difficult year for a lot of people and said council should be trying to keep tax increases as low as possible.

"I would like to hold it somewhere around two per cent," said Deputy Mayor Lisa Schell, noting the township could tap into surpluses from 2019 and 2020 to mitigate the tax increase. The township accrued a surplus of more than \$900,000 for 2019, which has been sitting in reserve. The surplus for 2020 is expected to exceed \$1 million, although a sizeable portion of that is to be used to pay for infrastructure projects. The township will also be borrowing money to complete some projects, and will be finalizing the amount of the debenture that will pay for the majority of the \$13-million arena project.

Most councillors said they were comfort-

able somewhere between two and four per cent, and the goal was eventually set at a 3.65 tax levy increase, with .65 of that expected to come from growth, or new taxation. Carter voted against the figure.

Councillors spent several hours hearing from department heads and trimming away at budgets. For example, \$257,000 for engineering work on Blairhampton Road was removed as a line item.

"That looks like low-hanging fruit to pull out of 2021," said Devolin. Public works director Travis Wilson said with that change, it would leave a \$160,000 increase in the roads budget over that last year, and that he could bring that increase down to zero if council so wished.

Schell was opposed to that idea.

"This is the department I get the most calls and complaints about," she said. "We're robbing Peter to pay Paul in this department for too long ... I don't think we should be cutting any more in the roads department."

Councillor Pam Sayne said she thought it was important that the township get its asset management plan completed, which is not scheduled to be done until mid-year, and that it needed to avoid "deficit funding through debenture."

Devolin estimated there would be at least two more meetings before the 2021 budget is finalized.

"We're going to be into four rounds of this, I think that's evident," he said.



Getting on track for winter

Highlands resident Emily Austin-Ward Nordic skis with her mother, Amanda at Twin Lakes north of Minden. Austin is part of the record numbers using the trails that are part of the Haliburton Highlands Nordic Trails and Ski Club Association's network of trails this year. Twin Lakes offers seven kilometres of groomed trails for skate and classic Nordic skiing. / Photo submitted by Vivian Collings

THE TOWNSHIP OF MINDEN HILLS

IN SEASON, EVERY SEASON

7 MILNE STREET PO Box 359,
Minden, ON K0M 2K0
Telephone: 705-286-1260 Toll Free: 1-844-277-1260
Fax 705-286-4917

Follow us on Twitter: MindenHills@twpmindenHills • Like us on Facebook: Township.Minden.Hills
www.mindenHills.ca

(VIRTUAL) COUNCIL MEETINGS

Council and Committee of the Whole meetings are currently being conducted virtually via web conference and Closed Session meetings via teleconference, until further notice. Meetings begin at 9:00 AM unless otherwise noted.

The schedule of upcoming meetings are:

January 28 – Regular Council Meeting
February 11 – Committee of the Whole Meeting

Members of the Public are invited to observe Council proceedings by joining a live-stream link available on the township website at www.mindenHills.ca/council/ or by using the direct link provided in the notice. We encourage those wishing to view the meeting to also download the agenda, as it will not be displayed during the streaming process. Meeting agendas can be downloaded by visiting our website at www.mindenHills.ca/council/.

Please note the live-stream link provided for each meeting will only be activated while Council is in session.

NOTICE – 2021 BUDGET DELIBERATIONS

The Council of the Corporation of the Township of Minden Hills will commence the 3rd Round of its 2021 Budget deliberations during its Regular Meeting of Council via web conference scheduled for January 28, 2021.

Trisha McKibbin, CAO/Clerk
705-286-1260 ext. 505, tmckibbin@mindenhills.ca

REQUEST FOR PROPOSAL RFP #ADM 21-01 BOB LAKE PUBLIC BOAT LAUNCH DESIGN

The Township of Minden Hills and the Bob Lake Association are seeking proposals from qualified consultants for the preparation of a preliminary engineering design sufficient to determine the layout and positioning of a single station boat launching ramp at Claude Brown Road on Bob Lake.

The deadline for submissions is February 5, 2021 by 12:00 noon. Visit our website at www.mindenHills.ca for more information and how to submit a proposal

TAX STATEMENTS FOR INCOME TAX PURPOSES

Requests for Tax Statements can be mailed to the following address, or placed in the Township drop box labelled and located on the north wall of the Administration building facing Pritchard Lane and the Municipal parking lot. It is accessed from the wheelchair entrance and is at the top of the first ramp.

Absolutely no cash is to be deposited in the drop box.

Township of Minden Hills, PO Box 359, #7 Milne Street,
Minden, ON K0M 2K0

Please include your name, the property roll number, a mailing address, as well as an email address and/or phone number with your request. Requests will be emailed if an email address is provided; otherwise the statement will be mailed through Canada Post.

Requests must be accompanied by a cheque for the applicable fee of \$10.00, for **each** property roll.

Requests will be processed in accordance with COVID-19 safety protocols, so please allow a minimum of two (2) weeks for processing. If your request does not include all of the required information or fee, the Township will not be held responsible for any delays in providing the requested information.

LANDFILL SAFETY

Please continue to practice social distancing at landfills. Keep 2m distance between you and others on site and only attend if absolutely necessary.

WASTE REDUCTION TIP

The average four-person household uses 2 rolls of paper towel per week. At \$1.50 per roll, that's \$156 per year! Try switching to cloth whenever possible to reduce waste and save money.

A MESSAGE FROM THE FIRE DEPARTMENT

Choosing a Fire Extinguisher for Your Home

At home, place the power to put out small fires in your hands and within your reach.

Step 1: Choose primary extinguishers for your home. This includes solutions for your living area, garage or workshop, and they're pieces of equipment that you absolutely must have, according to the NFPA.

Living area – For your main home protection, install a 2-A: 10-B:C rated living area unit on every level of your home, no more than 40 feet apart. Class A-B-C.

Garage/Workshop – Due to volumes of flammable liquids in the garage, you should install a higher rated unit such as the 3-A:40B-C Garage/Workshop unit. Class A-B-C.

Step 2: Choose supplementary extinguishers for your kitchen and areas with a higher likelihood of electrical equipment fires. These are not required, but are highly recommended.

Kitchen – The kitchen is the likeliest place you will have a fire. Protect your home with a 711A extinguisher in the kitchen area.

Electrical – Ideal for tackling fires involving energized electrical equipment with a rating of 1-A: 10-B:C. Class B-C.

How to use Fire Extinguishers

Stand 5 feet away from the fire and follow the four-step **PASS** procedure recommended by the National Fire Protection Association:

P - Pull the pin and hold the extinguisher with the nozzle pointing away from you.
A - Aim low at the base of the fire.
S - Squeeze the lever slowly and evenly to discharge the extinguishing agent. (When the agent first hits the fire, the fire may briefly flare up. This should be expected.)
S - Sweep the nozzle from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire.

When to use Fire Extinguishers

It's important to remember that fire extinguishers are only one element of a complete fire survival plan. Only use your extinguisher after making sure:

- All residents of the home have been evacuated to safety
 - The fire department has been notified
 - There is a clear exit behind the person using the extinguisher
- Use your extinguisher only to keep a small self-contained fire from growing, only when the room is not filled with smoke, or to create a safe pathway out of the home. Be sure to read the instructions and become familiar with your fire extinguisher's parts and operation before a fire breaks out.

Seniors finding balance in fitness during Friday group

by SUE TIFFIN
Times Staff

For three years, Jim Hicks has been enjoying Balanced Fitness classes – a program that combines gentle seated and standing strength, balance and movement exercises – in the auditorium of Minden’s Hyland Crest. The classes are important for Hicks, who has a drop foot and wears a brace, and wants to be extra cautious when walking, especially in the winter.

“I am 90 now, and for sure, I want to do all I can to prevent a fall,” he said. “Half of [the class] is done from a chair, and then if you are able, the second half is standing. I usually end up doing half the standing portion while sitting. There is no pressure - you just do what you can.”

Before most people had ever heard of COVID-19, regular one-hour Balanced Fitness classes offered through Haliburton Highlands Health Services took place twice-weekly in Minden, Haliburton and Wilberforce bringing participants together for a free exercise class to help maintain health and improve strength and balance to prevent falls, but also to feel good during a social event.

“Some days we would have five individuals and other days we would have 30,” said Jamie Allen-Russell, the class instructor for more than two years now. “Numbers [of participants] were growing quickly at the Minden location prior to the pandemic.”

And then, when the world shut down due to the spread of the novel coronavirus, so too did in-person classes that seniors in the community had relied on, creating a gap for participants who benefitted from the social and physical aspects of the classes at a time when staying home meant they might be feeling lonelier and less active.

“As a community support service provider we recognize the community’s need for social and physical engagement – they are key components to health and well-being,” said Allen-Russell. “Individuals in the community were missing their weekly exercise routine, their social gathering and their motivation to get out and get involved.”

And so, in the fall last year, classes resumed in a way they never had before – online.

“Individuals were getting used to the ‘new norm’ and how things worked virtually,” said Allen-Russell. “Phone calls were made and emails were sent out about the possibility of resuming our balanced fitness class but the classes would have to occur virtually.”

Things started off slow, said Allen-Russell, with just one to three participants, but each week more participants join in.

“Connectivity is an issue for many seniors in our community – both with respect to access to devices and basic internet as well as comfort level,” said Allen-Russell. “We were able to work together and figure out a process that worked for everyone by just clicking on one link. Getting used to something new is a challenge for anyone, especially when it comes to technology. Once everyone got ahold of what to do it was smooth sailing. Participants are very much enjoying the classes and some have been asking for more classes and video recorded to do at home.”

Allen-Russell stressed that the process to join isn’t as hard as it might sound, and is quite simple to get set up.

“If you have the internet than you can have Balanced Fitness live classes every Friday,” said Allen-Russell. “There are no requirements to join the classes and participants are fully encouraged to take part to the best of their ability. There is no skill level required and modifications are made to meet the needs of all the participants.”



HHHS Recreation Therapist – Adult Day Program and Balanced Fitness instructor Jamie Allen-Russell, top row, second square from right, waves to participants in the free Balanced Fitness classes offered online by Haliburton Highlands Health Services during pandemic gathering restrictions. The classes can be attended by anyone of any fitness level or physical ability, with modifications made to meet the needs of all participants. /Screenshot

The online classes mean that Hicks can continue to build strength, feel better, and connect with those in his class. “I’m sure that these exercises have kept me stronger and feeling better, especially during these ‘stay home’ days,” he said. “I recommend them very highly.”

For Allen-Russell too, it’s a unique experience in her almost-15 years of experience being a seniors’ fitness instructor. “Our in-person balanced fitness classes were a very social part of our lives prior to the pandemic,” she said. “Some individuals would even arrive 45 minutes to an hour early to help set-up, chit chat and spend time together. Each class started with updates, new information, stories, and of course, a joke.”

“They are the best,” said participant Karen Vick. “I find as far as exercising I get more out of them because I can stay focused. Miss the social aspect of the group. I do LOVE to talk.”

Vick implored Allen-Russell to keep the classes going. “You do an awesome job,” she said. “I thought walking was enough but it’s not. Need what you are doing for stretch and balance.”

Kathy Gartshore agreed that the class helps round out the benefits of other exercise.

“I know the exercises help with all aspects of movement,” she said. “Walking is great for you but I need the exercise to go along with the walking, and I love who teaches us.”

Linda Schrader also applauded the program, as well as Allen-Russell as the group’s instructor.

“The exercise class is great,” she said. “This free program offered has lots of good benefits for us as we age. It helps me with balance and strength. Jamie does an excellent job with

lots of motivation, care and fun. It’s provided me with new friendships as well as keeping me mobile.”

It hasn’t always been easy for Allen-Russell to adapt a class that began in-person to one that’s held online.

“Without my participants physically with me makes it quite challenging to be myself as a person,” said Allen-Russell. “Let’s face it, it’s not easy talking to a computer. With so many screens open to watch, a class to instruct and to be the only person in the room just isn’t the same.”

Seeing familiar faces again, though, makes it worthwhile for Allen-Russell, who said it fills a gap that was empty for many for several months.

When she logged on to the class on Jan. 14, Allen-Russell was joined by 16 participants, quite the increase from the first class.

“As a fitness leader and dedicated HHHS Community Support Service team member it makes me feel honoured and privileged to have such a great supportive group who continue to participate even behind a screen,” said Allen-Russell. “Being able to provide this service to our community is of great benefit to the health and well-being of so many individuals. For me, to see the smiles on everyone’s faces, to hear the laughter in the group, and to see the commitment to return weekly makes me feel that I am providing a much needed service to our community.”

Allen-Russell said she receives thank-you emails and texts after each class, thanking her for a great workout.

“Now that’s reassuring and satisfying,” she said.

For more information about the classes, email jallen@hhhs.ca or call 705-457-5682 for more information.



Steve Kerr
DENTURE CLINIC

- Complete Dentures
- Partial Dentures
- Same Day Repairs & Relines
- House Calls

143 Bobcaygeon Rd., Minden, ON
stevekerr.denturist@gmail.com
stevekerrdentureclinic.com

CALL NOW TO BOOK A FREE CONSULTATION! 705.286.4888



New Cases Reported Today							
0	3	3					
Haliburton	KawarthaLakes	Northumberland					

Total Confirmed Cases to Date *							
43	339	348	730				
Haliburton (HAL)	Kawartha Lakes (CKL)	Northumberland (NTH)	HKPRDHU				

*Note: Total cases by County and for the Health Unit overall may increase or decrease from previously reported counts as cases may be reassigned to or from the HKPRDHU based on case investigation and routine data cleaning.

COVID-19 Contacts, Cases, Hospitalizations, and Deaths by County *							
County	Cases Not Resolved	Cases Resolved	Current High-Risk Contacts	Current Probable Cases	Hospitalizations (Total to date)	Deaths among Confirmed Cases	Deaths among Probable Cases
Haliburton	4	39	14	0	1	0	0
Kawartha Lakes	23	293	71	1	20	23	13
Northumberland	47	295	62	0	8	6	0

COVID-19 Contacts, Cases, Hospitalizations, and Deaths, HKPRDHU							
All Counties	Cases Not Resolved	Cases Resolved	Current High-Risk Contacts	Current Probable Cases	Hospitalizations (Total to date)	Deaths among Confirmed Cases	Deaths among Probable Cases
HKPRDHU	72	627	165 **	1	29	29	13

Confirmed COVID-19 cases update
No new confirmed cases of COVID-19 in Haliburton County were reported on Jan. 19 by the Haliburton, Kawartha, Pine Ridge District health unit. In Haliburton County there are four unresolved cases of a total 43 total cases, and 14 current high-risk contacts. For more information visit www.hkpr.on.ca. /Screenshot from the HKPRD health unit website

New pastor at Minden Bible Church

by CHAD INGRAM
Editor

While the social restrictions of the continuing COVID-19 pandemic are making it a bit difficult at the moment, Pastor Bill Standish, new to the Minden Bible Church, is looking forward to getting to know the community.

Standish took over at the helm of the church this month, the church's previous pastor, David Johnson, retiring just over a year ago.

Standish and his wife Rose have moved to the area from Killaloe, Ont., where they did volunteer work with the churches they were involved in.

Following undergrad studies completed years ago, Standish recently obtained a master's degree in theological studies from Toronto's Tyndale University, where he was enrolled from 2014 through 2018.

"I cannot overstate the importance of my wife Rose in regard to her heart and skills for ministry to the ladies of Minden Bible Church," Standish told the *Times*. "Rose walks beside me as we learn the needs of the congregation and how to reach out to them."

The church has had some interim pastors since Johnson's retirement and when they were looking for a new pastor through Associated Gospel Churches, the organization said it happened to know of a recently graduated new minister, putting the church in touch with Standish.

"Part of it was we have family in the area, near Woodville," Standish said, explaining the desire to move closer to them. "So we thought about Minden as a good area."

For the time being, the couple is renting a place in Norland.

The COVID-19 pandemic has caused issues for all churches, there will be with in-person gatherings once again banned for the time being. Back in the summer, churches in Ontario had been able to operate at 30 per cent capacity for in-person services.



Bill Standish is the new pastor of the Minden Bible Church and is looking forward to getting to know the community. /CHAD INGRAM Staff

"We did open up, the local people came, the regulars," said Dan Thivierge, who chairs the church's ministry and management team. Thivierge said that during the pandemic, the church has been emailing out a Sunday program to its members, with the program now accompanied by audio files recorded by Standish.

"We do have good internet here at the church now," Thivierge said, adding the Minden Bible Church is looking at

creating a website as well as perhaps creating a social media presence. Thivierge said the church had planned to have a retirement celebration for Johnson last spring, which has been put on hold amid the pandemic, and that members are excited about Standish's arrival.

Anyone interested in learning more about the Minden Bible Church can contact Standish at (343)-369-1304.

Melanie Hevesi
Broker
cell 705.854.1000
info@melaniehevesi.com
www.melaniehevesi.com

PLATINUM 2019 - 2017 100% 2016 - 2014 REALTOR HALL OF FAME

Make ME your REALTOR® of choice.

RE/MAX
Professionals North Inc., Brokerage
INDEPENDENTLY OWNED & OPERATED

Lisa Mercer Broker
Cell 705-457-0364
www.lisamercer.ca

RE/MAX PROFESSIONALS NORTH

Don't keep me a secret!

LOT IN TOWN \$80,000
Almost an Acre of land
Walk to Downtown
Walk to stores on 35

Lynda Litwin
Sales Representative
Cell 705-457-8511
www.lyndalitwin.ca

RE/MAX PROFESSIONALS NORTH

LOCATION-LOCATION-LOCATION \$680,000

Fantastic corner location in Minden with prime Highway 35 visibility. This two acre site is fully serviced on Municipal water and sewers. Featuring a spacious residential home presently leased along with an established long term commercial AAA tenant-County Sign and Display. Commercial zoning with many permitted uses. This property backs onto the scenic Gull River. Leave the city behind and bring your business plans and dreams to your new venture in Minden!

Bill Kulas
Sales Representative
Cell: 705-457-5577
www.billkulas.com

RE/MAX PROFESSIONALS NORTH

RE/MAX PROFESSIONALS NORTH

12621 Highway 35, Minden
beside Subway Restaurant

follow us!

Twitter Facebook REALTOR MLS MULTIPLE LISTING SERVICE

*Not intended to solicit properties or clients currently listed

The Ultimate in Professional and Personalized Service

Terry Carr
Sales Representative
705.935.1011
Terry@MovingTheHighlands.com
MovingTheHighlands.com

Moving the Highlands

RE/MAX PROFESSIONALS NORTH
Box 1010, 12621 Hwy 35
Minden, ON K0M 2K0

The Times

DAVID ZILSTRA,
Publisher and Ad Director,
david.zilstra@gmail.com

CHAD INGRAM, Editor,
chad@haliburtonpress.com

JENNIFER MCEATHRON, Admin
jenniferm@haliburtonpress.com

DEBBIE COMER, Circulation,
debbie@haliburtonpress.com

DARREN LUM, Reporter,
darren@haliburtonpress.com

SUE TIFFIN, Reporter,
sue@haliburtonpress.com

MIKE BAKER, Reporter,
mike@haliburtonpress.com

KAREN LONDON,
Production Co-ordinator
karen@haliburtonpress.com

LAURA CHOWZUN,
Production

STACEY POTLIVO,
Production

LAURA SMITH, Sales,
laura@haliburtonpress.com

PAUL BANELOPOULOS, Sales,
paul@haliburtonpress.com

PAT LEWIS, Inside Sales
classifieds@haliburtonpress.com

2 IGA Road, Box 97
Minden, ON, K0M 2K0
• 705-286-1288 • Fax 705-286-4768
Published by White Pine Media Corp

Funded by the Government of Canada | **Canada**

Monday 9 a.m. - 4 p.m., Tuesday to Friday 9 a.m. - noon
Letters to the Editor must be signed and include phone number. Unsigned letters will not be published. Email must include name and phone number. Letters may be edited for length and clarity.
All Subscriptions: \$46/ per year or \$88 for 2 years
Subscriptions must be prepaid. Call Debbie @ 705-286-1288

New school

LAST SUMMER, as friends with school-aged children grappled with whether to send their kids physically back to school in the fall or opt for online options amid the COVID-19 pandemic, I continually repeated, and I think even wrote in this space, that I was thankful we had another year before our eldest daughter would enter kindergarten.

I think I allowed myself to indulge in the optimistic delusion that things would be different by then.

While it's only January, registration for kindergarten this fall is now open, so my much better half and I are now staring down the barrel of that decision. While the provincial government is hoping many of us will have been vaccinated by the time the 2021/22 school year gets underway, there will still of course be a bunch of COVID-19-related protocols in place at that time. The legacy of the virus will mean that my children's school experience will look much different than my own. As for what decision we'll make, we've still got some time to figure it out.

Certainly I've heard plenty of anecdotes about the myriad challenges that at-home learning amid the pandemic poses, particularly for parents who are also working from home. That's a pressure cooker of stress. Being familiar with the longstanding connectivity issues in Haliburton County, I've understood poor connection would pose an impediment for some, and have heard stories about students sitting in cars outside buildings with public wi-fi in order to complete their school work. That is certainly less than ideal.

However, for some local families, the current mandatory virtual learning environment is something they cannot afford. Literally. That is, the amount

of data required for their children to sufficiently attend school virtually is too expensive. As county councillors heard in a delegation from social services agency Point in Time last week, online school takes place via Google Meet, which requires somewhere between .5 and 1.5 gigabytes per hour of classroom. So, at that rate, it doesn't take long to burn through a family data package of say, 20 gigs per month.

There are some 150 students in the county for whom this is the case. They are not learning properly because they are without the proper resources.

Education is supposed to be the great equalizer, but it's difficult for that to be the case when the requirements of online learning exceed a family's data package. There are already great socio-economic disparities within the county, and

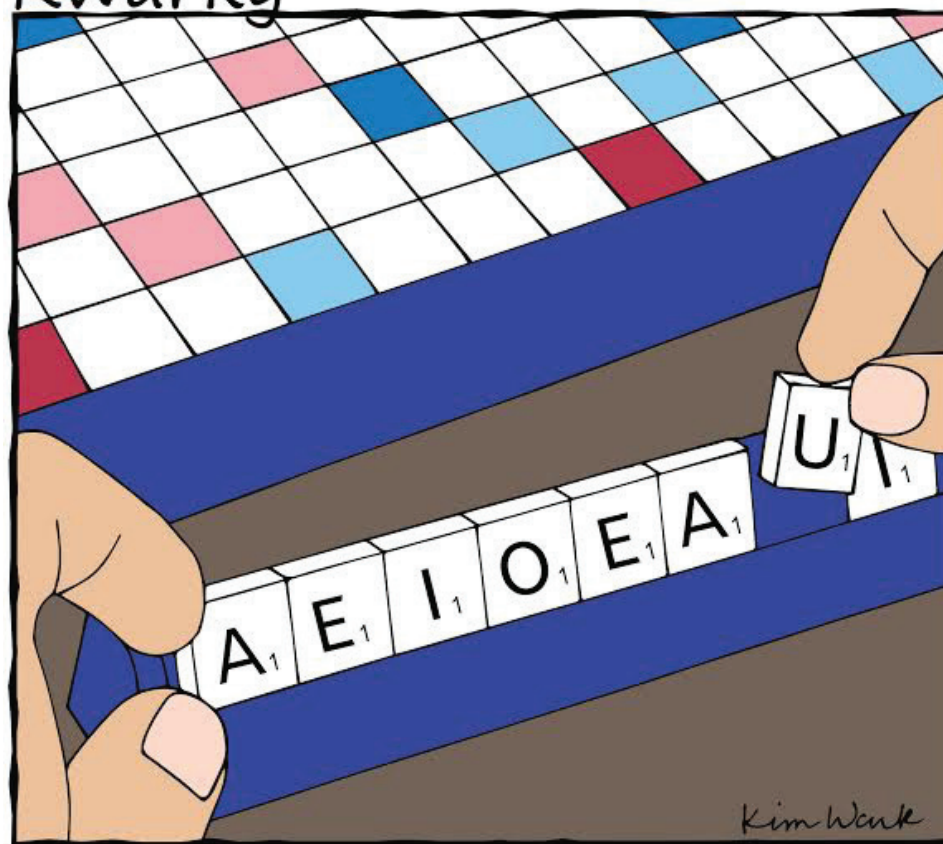


CHAD INGRAM
Editor

this situation is only exacerbating them. The pandemic is also dramatically underscoring the deep pitfalls of poor internet connectivity, and any widespread solution to the county's wifi woes is still years away.

In an ideal world, the provincial government and school board should be ensuring all students have the resources they require to learn properly in the current climate. In an ideal world, telecom providers should be assisting with this. In the meantime, Point in Time has embarked on a campaign to raise funds to ensure all students in the county have the data coverage they need to learn virtually amid the pandemic. That could cost \$180,000 for a year. They have made a financial request to the county and other organizations such as the Coalition of Haliburton Property Owners' Associations. Anyone who wishes to support this cause should contact Point in Time.

Kwarky



"I've got irritable vowel syndrome."

Leaps and bounds

NOW THAT we are living under the all-encompassing umbrella of COVID-19 and winter, I have an actual excuse for spending time alone outside. Interestingly, everyone I know happily accepts this – except for my springer spaniel Rosie. She is not having any of it.

Because of this, I spend most early mornings roaming a nearby woodlot with her. My goal is to wear down the inexhaustible energy reserve that she accumulates over a nighttime of inactivity. I have yet to achieve this.

Watching a young spaniel run in the woods is a lesson in vigour and youthfulness. Rosie, for instance, will not run around anything she can leap over. She will be six inches from the end of a blown down log and instead of veering slightly to run around it, over it she goes.

It is endearing and it puts a smile on your face, for it reminds you of those long-ago days when you could convince your younger sibling to do exactly the same thing but with much more comical results. But watching a graceful and athletic dog run is also a dangerous thing, because they make it look so easy.

I'm not saying it happens right away, but eventually, you get it in your head that you used to be able to do the same thing and that you were just as athletic. This is further proof that memory is the first thing to go.

Eventually, you'll convince yourself that the log ahead of you is only a small log. Then, after watching your dog leap over a dozen or so just like it, you think, you could use a bit of that type of exercise too – if only for old time's sake. You actually

begin to believe that, despite your age, this sort of thing can't do you any harm. And, let me tell you, it doesn't hurt that no one is watching either.

So, you call the dog in and you watch it, once again, leap like a gazelle over this low, blown down tree and land silently in the snow on the other side.

Then, as she bounds off gleefully, you gauge the log, look at the landing strip on the other side and, finally, step back a few feet. After that, you take one more furtive look around, just to ensure you are not about to go viral.

You hesitate only for a moment, but then you remind yourself that you used to do this sort of thing all the time, a mere 40 or so years ago. So, you charge forward, leap in the air, clear the log and, in that fleeting millisecond, remember the famous saying "You don't need a parachute to sky-dive. You just need a parachute to sky-dive twice."

What follows is what some people would generously call a rough landing. When you look up, you see your dog looking at you with a mixture of fascination and encouragement. Oh, and happiness too – because the best thing about a good dog is that they want everyone to get in on the fun.

You then pet her behind the ears, get up, dust yourself off and smile. In that moment, it occurs to you that you are no spring chicken anymore. You also realize that there are things your young pup can do that you never will be able to do again.

But then look down and think, maybe so, but let's see her make a snow angel like that.



STEVE GALEA
Beyond 35

IN OTHER WORDS

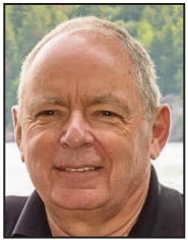
Columns and Letters to the Editor

A story behind the storybooks

THERE IS A story behind every published story, and a really interesting one behind *Treasures from the Deep*, a new children's book by Minden-area author Irene Davidson Fisher.

Treasures from the Deep is the story of Ashanti, a young girl who wants to buy her grandmother a birthday present but she has only 75 cents. Grandma loves sea shells, and when Ashanti spots Grandma's book about shells, she sets off on an adventure to find Grandma's favourites.

The story behind the story is how Irene, who came to Canada from Scotland as a child, became a writer of children's stories. She spent most of her adult life in business, forming her own consulting company.



JIM POLING SR.

From *Shaman's Rock*

Her business life included writing event scripts for conferences, speaking notes for members of boards and speeches for a number of politicians. But writing children's stories was a dream – something for maybe off in the future.

About five years before she retired, Irene was flipping through an old magazine when she noticed one of those postcard advertising inserts. It was for the Institute of Children's Literature, which offers correspondence courses on writing for children and teenagers. She set it aside, but didn't do anything with it.

Some years later, after she retired from her business career, a good friend handed her an envelope. It contained the Institute of Children's Literature postcard and a note saying: "Promise me you will fill this out and follow your dreams."

She sent in the application and a sample story and was accepted into the Institute's basic program, later graduating from the advanced program.

The story behind the story became even more interesting in 2011 when she and her husband lost everything in a house fire. Her computer, containing Institute assignments and stories, was burned but the Institute still had some of her work on file, and some of her saved ideas and work later became children's books.

Her first children's book, *Robbie Raccoon and the Big Black Blog*, was followed by the *Best Present Ever* and now *Treasures from the Deep*.

Each story has a message for children. *Robbie the Raccoon* is about listening to your mom; *The Best Present* tells how the best part of Christmas is about giving. *Treasures* is a lesson about money not being necessary for a special gift and never giving up when faced with a problem.

Irene donates \$1 from each book sale to Autism Canada, which she describes as a charity "near and dear to my heart."

She also recently published online a flipbook poem titled *Achoo*, which gives positive messages to children about COVID-19. It is illustrated by her granddaughter.

She is working on a new book titled *Percival Penguin*, based on an idea she has had tucked away for some time.

Talking to Irene about her journey into writing and her books reminded me of a valuable lesson: the importance of getting children into the habit of reading.

Albert Einstein, a brilliant mind and a man considered by many to be greatest scientist of all time, is reported to have told someone:

"If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

Reading storybooks is a critical part of the growth and development of children. Children's books are the homes of characters that young readers get to know and become like friends.

Books are doors to discovery, magic portals through which children walk into other worlds and meet other characters with different lives and different ideas. In practical terms, reading helps children exercise their brains, sharpen their imaginations, develop critical thinking, and of course improve language skills.

Just as important, reading helps to improve concentration, something much needed in a world of digital games and other distractions.

Most importantly, reading helps children develop empathy, which is the ability to experience and understand the feelings of others and to learn how to be helpful.

Empathy is something humans are not born with. It is developed. And, if you want to see what happens when it is not developed, watch the Jan. 6 insurrection videos of all the boneheads pulling apart the once United States of America.

letters to the editor

Ads hyperbolic

To the Editor,

I was very disappointed to see the hyperbolic advertisement from the Haliburton Home Builders Association opposing shoreline protection measures in Haliburton County. Given what we have experienced this year, I thought the Homebuilders might understand the dire consequences of disturbing wild animals and habitats a little more clearly. While you would think they would also understand that maintaining the health of our lakes is key to their business, they seem quite willing to sacrifice this irreplaceable asset if it means not having to take ecological consequences into account in their project plans.

I must have missed the advertisement where they opposed the spending of millions of dol-

lars on repairing roads and bridges or hundreds of thousands to fix environmental problems at landfill sites. So if I understand this right, the homebuilders believe that spending on grey infrastructure is OK. Spending to protect green infrastructure that is absolutely critical to maintaining our health and our enjoyment of our lakes is a frill that we can't afford.

If I were a homebuilder in Haliburton, I would be questioning the wisdom of hitching my wagon to an organization that wants to drag this county backwards. The only problem with developing a shoreline protection bylaw is that we are 20 years late in getting it done.

Brad Cundiff
Canning Lake

Cleats prevent winter falls

To the Editor,

This year's winter weather has created icy conditions that make driveways, parking lots, stairs and sidewalks hazardous.

Falls are the leading cause of injury among older Canadians, leading to 85 per cent of seniors' injury related hospitalizations and 95 per cent of all hip fractures.

But you don't need to be old to suffer a bad fall.

One way to limit the risk of a winter fall is to use boot and cane cleats when walking outdoors in icy conditions. These are sharp metal strips that come on a flexible band. They are easy to take on and off and they can be firmly attached to boots. There are also grips that can be attached to canes. They work!

A variety of these useful and reasonably priced

aids can be purchased online and in a wide number of county retail outlets. In the current lockdown, boot and cane grips can be ordered locally over the phone for curbside pickup. For sizing – try shoe size, or one size up if boot soles are very thick.

If you do fall,

- Try to land on your buttocks to prevent more serious injuries.

- Don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.

- Don't let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

Margery Cartwright
Aging Well Committee

Difficult Christmas made better

The organizers of the Minden Christmas Hamper Program would like to thank the community for their generous donations of toys, gift cards, cash and food.

We would also like to thank the work groups and businesses that participated in a work place challenge to collect toys and food for the Christmas Hampers.

We would like to thank the following local businesses for stepping up to the plate and helping out in many ways. From organizing collection bins/trees, donating needed items, giving cost price on other items, collecting items and delivering them to the Community Centre and to storing our donated turkeys.

Minden Community Center, Dollos Foodland, Minden RE/MAX, Tim Hortons, CIBC, TD, Minden Post Office, Kawartha Dairy, Haliburton

OPP, EMS, Home Hardware, Pharmasave, Home Builders Association, Valu-mart, Todds Independent, Minden Hills staff.

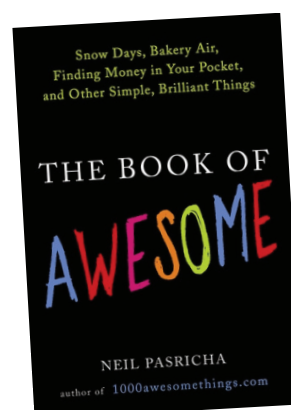
We cannot list everyone but thank you all for your help. Please support local businesses during this difficult time as they supported us.

Finally, we would like to thank our few volunteers that helped answer the phones, collect, sort, organize and distribute all of our hampers and toys. You all worked around the challenges of the COVID-19 pandemic and all the related guidelines for safety and made it work.

Thanks again to *everyone* for helping put a smile on so many faces this difficult Christmas.

Organizers of the Minden Christmas Hamper Program

HCPL Nonfic pick - January



It's easy to forget the things that make us smile. With a 24/7 news cycle reporting that COVID cases are rising, the polar ice caps are melting, the economy is in trouble, and lockdowns seem unending, it's tempting to feel that the world around us is falling apart. But awesome things are everywhere – sometimes we just need someone to point them out.

The Book of Awesome reminds us that the best things in life are free. With laugh-out-loud observations from award-winning comedy writer Neil Pasricha, this book is filled with smile-inducing moments that make you feel like a kid looking at the world for the first time.

Like:

- Popping Bubble Wrap
- Wearing underwear just out of the dryer
- Finding money in the pocket of a winter coat

- Waking up and realizing it's Saturday

Check it out from Haliburton County Public Library, and you'll remember all the things there are to feel good about!

County to create economic development position

by **CHAD INGRAM**
Editor

Haliburton County council will create an economic development officer position for the county, as well as work toward joint procurement of goods and services for the county and its four lower-tier municipalities.

During a special meeting on Jan. 13, councillors decided those would be two priority items for 2021 stemming from the service delivery review the county had completed for itself and its lower-tier governments, and which council received from Toronto-based consulting firm StrategyCorp in December. That review culminated with a 140-page report which lays out a host of recommendations, categorized into 12 priority areas: roads, bridges and drainage; fire services; waste management; co-ordinated building, septic and bylaw services; planning services; economic development; collaborative procurement; integrated digital strategy; co-ordinated legal services; human resources co-ordination; communications; and overall co-ordination.

The report also identifies potential timelines for the completion of this work, staggered between 2021 and 2026, although council will choose what priorities it believes should be dealt with at what time. Minden Hills Mayor Brent Devolin noted the ongoing COVID-19 pandemic might delay work in some areas.

It was clear the No. 1 priority was the creation of an economic development position at the upper-tier level. While the county once served an economic development role, with tourism and economic development grouped into one department, since 2013, it has focused on tourism marketing, with economic development left to the lower-tier municipalities. Highlands East is the only one of the four lower-tier governments that has consistently had an economic development role in place.

"I think we need to start low and go slow," Algonquin Highlands Mayor Carol Moffatt said of the numerous recommendations. "My No. 1 choice is economic development in this year's budget."

Moffatt said there were some recommendations – the standardization of landfill regulations and operations, throughout the county, for example – that were much more complicated and would require a large amount of in-house work to bring to fruition.

Other members of council agreed that creating an economic development position should be the first of the recommendations to be acted upon, with Algonquin Highlands Deputy Mayor and County Warden Liz Danielsen noting the economic repercussions of the pandemic exacerbated the need for the role.

"I think it's a wise move, even in these times," agreed Highlands East Mayor Dave Burton.

Dysart et al Deputy Pat Kennedy said he agreed with the creation of the position, but wanted to see key performance indicators put in place, and for the job description to be specific about what the role of economic development officer would look like. Council plans to move ahead with the creation of the job in the first quarter of the year.

Councillors also agreed they would begin exploring joint procurement of goods and services, if not necessarily through the hiring of a procurement specialist, which was another recommendation from the report.

"A lot of the hard savings in the document come from procurement," said chief administrative officer Mike Rutter. The report indicates \$900,000 of saving per year that could be achieved through collective procurement.

“

My No. 1 choice is economic development in this year's budget.

— ALGONQUIN HIGHLANDS MAYOR CAROL MOFFATT

”

Another recommendation councillors agreed could probably be easily achieved was joint legal services or the creation of an in-house lawyer position for the county and townships, all of which currently contract out their legal work. Council will be receiving staff input on the matter.



*Take the Minden Times
with you anywhere!*

Subscribe to our e-edition for just \$29/year and have the Echo delivered to your inbox every week. Perfect for people on the go, travelling, visiting the cottage or going south for the winter. It's fast, convenient and a great deal at only \$29/year. Call Debbie to subscribe at 705-286-1288 or email debbie@haliburtonpress.com



Pipes Frozen?

*Let us help make your winter
the easiest part of this year.*

Introducing Our NEW Plumbing Services:

- **Water Line Thawing**
- **Septic Line Thawing**
- **Heat Line Installation**
- Water Well Repairs
- Septic Repairs

**Make your first call the only call you need to make.
Total Site Services - it's in the name.**

Serving All Of Haliburton County

Call us today 705-457-9558 or visit us online www.totalsiteservices.ca



Balance test

STAND ON one foot. Don't think about it. Just do it. Hold that position as long as you can. Now, stand on your other foot. Is that harder or easier than the foot you started with? Chances are it's a little more difficult. Starting with the stronger side is a built in reflex that is meant to protect us from harm. I always say to my clients "we're not here to strengthen your strengths, we're here to strengthen your weaknesses." By doing that little test you now know which side is weak. When doing unilateral exercises it is best to start on the weaker side.

Set a timer for 30 seconds. Start the time and stand on one foot (choose the weaker option) as long as you can. Attempt to hold that position for the entire 30 seconds. When you put your foot down it's game over. Switch to the other side and repeat the exercise. The goal is to balance on one leg for 30 seconds. Once you've accomplished that task try it again but with your eyes closed. That is the ultimate test of good balance.

Sadly, the effects of sitting too much is destroying the ability to balance in people of all ages. When we first learn to walk it is by trial and error. Gradually, we refine motor skills so toddling eventually becomes walking

and running. These days children are moving less and that's resulting in 20 year olds with poor balance. That all translates into increased potential for injuries.

Balance definitely falls under the "use or lose it" category of fitness (I'm not sure any part of fitness escapes that category). It really is easy to incorporate balance into a daily routine. Here are some ideas when you can stand on one foot during your day:

- Brushing your teeth.
- Waiting for your coffee to brew or your meal to warm up in the microwave
- Watching TV
- Talking on the phone or participating in a video call



LAURIE SWEIG
Practical Fitness

call

- Standing in line at the store.

Doing the 30-second test (eyes open or closed) on a regular basis is a great way to monitor progress or to ensure you haven't lost any ground. Nobody likes to fall down. This small time/effort investment might just keep us away from the emergency room.

Something to think about.

Laurie Sweig is a certified personal fitness trainer and spinning instructor. She owns and operates The Point for Fitness. She can be reached at laurie@thepointforfitness.com.

Coyote sighting in town

Minden residents may want to keep an eye on their pets, as some residents are reporting that a deer was killed by coyotes on the evening of Friday,

Jan. 15. The incident took place near Staunworth Terrace, close to the arena.

-Staff

Funding available for businesses hit by pandemic

A couple of funding opportunities are available for businesses that have been impacted by the current economic shutdown imposed by the provincial government amid the ongoing COVID-19 pandemic.

For tourism-based businesses, the Ontario Highlands Tourism Organization, through its Tourism Recovery & Innovation Program is offering a funding stream called TRIP – Capital Projects Program. This program is for small to medium businesses and provides non-repayable funding up to 80 per cent of eligible expenses incurred to modify operations to a maximum of \$20,000. "This program was created to offset costs related to one-time modifications and/or re-opening costs, implementation of health and safety protocols, and digitization measures," reads a release from OHTO.

The program began accepting applications Jan. 15, and while they will be accepted throughout the year or until funds are depleted, priority will be given to applications received before Jan. 31. Applications require information such as business numbers, HST numbers, 2019 financials, insurance documents, copies of receipts and invoices,

and a 500-word summary of what the funds would be used for.

More funding details are available at <https://comewander.ca/app/uploads/2021/01/TRIP-Capital-Projects-Program-FINAL.pdf>

Another program, the Ontario Small Business Support Grant is intended for businesses that have had to close or significantly restrict services as a result of the provincial shutdown. Eligible businesses can receive between \$10,000 and \$20,000 to be used for a variety of purposes. Businesses must have fewer than 100 employees and must have experienced a 20 per cent revenue decline from April of 2019 to April of 2020. Application forms are available at <https://www.app.grants.gov.on.ca/msrf/#/>

- Staff



Keep track of what's happening in Minden on Instagram

@MindenTimes

Stop the Spread COVID-19 can be deadly. Stay home. Stay strong. Save lives.



Visit ontario.ca/coronavirus
Paid for by the Government of Ontario

Ontario

'This is serious,' says MOH in health unit's first press conference

by SUE TIFFIN
Times Staff

On Jan. 13, at the first of a planned series of weekly media teleconferences launched by the health unit last week, Dr. Ian Gemmill, acting medical officer of health for the Haliburton, Kawartha, Pine Ridge district health unit spoke to questions around Ontario's stay-at-home order, and the need to stop gathering and travelling to protect the healthcare system and vulnerable Ontarians.

Gemmill said the virtual media scrum would enable more efficient sharing of information between the health unit and local media, describing the pandemic situation as being "quite fluid, not only from the point of view of the virus, but from the policy decisions that change from week to week." The event took place the day before Ontario's 28-day stay-at-home order began on Jan. 14, an order Gemmill said was necessary to disrupt the second wave of the pandemic that was predictably proving to be more severe than the first.

"The second wave is affecting not just [our local region], not just Ontario or Canada, it's affecting the entire world, some places more than others," said Gemmill. "In a way, even though we've had more cases over the last several weeks, we're a bit in a more privileged position than some parts of Ontario. I talk to my colleagues in the GTA and so on, they are really, really stretched and really pulling out all the stops to do all the work that needs to be done for each case and high-risk contacts that's identified."

The health unit region, which includes Haliburton County, City of Kawartha Lakes and Northumberland County, has seen 724

confirmed cases of COVID-19 to date, with 29 deaths among confirmed cases and 13 deaths among probable cases. To date, 43 cases of COVID-19 have been reported in Haliburton County, with five cases currently not resolved and 14 current high-risk contacts.

"People in no areas should think, we don't have to worry about this," said Gemmill, noting because of the risk of the virus being spread throughout communities, people shouldn't relax until a minimum of 70 per cent of the population is vaccinated for reasonable community-wide protection. "The risk may be lower from place to place but I've also seen it moving around."

Gemmill said the health unit has been seeing more cases in younger populations over the last little while, with the highest-risk group being those aged 30 to 39 age, followed very closely by the 50 to 59 age group, then 20 to 29 years group and finally those aged 60 to 69.

"That's not surprising, in the first go around we didn't have testing for everybody, there may have been cases that were missed, and we saw the cases mostly in the elderly populations, especially in long-term care homes," he said. "Now with widespread testing, I think we can get a better picture of what is going on across the population."

Strong support for stay-at-home orders from healthcare workers

While noting strong support for the measures of a Boxing Day lockdown and stay-at-home orders issued on Jan. 14 by the provincial government, Gemmill said he was dis-

mayed to hear that a curfew would not also be put in place, as it was in Quebec, given that many of the preventable transmissions are occurring because of gatherings. Instead of an evening curfew, he said the province was under a 24/7 curfew instead.

"People have to stay home unless there's a really logical and necessary and approved reason for leaving the home," said Gemmill.

Without the stay-at-home order, Gemmill said he thought the situation in the province would be out-of-control in terms of the health care system accommodating people with COVID-19 and also with other illness and medical emergencies and in reducing the number of people being infected prior to vaccinations.

"To me the stay-at-home order – the most important thing – is sending the right message to the public," he said. "This is serious. You can't pretend this is 2019, it's not. We're in the middle of a second wave of an illness that's clogging up the health system and is killing some of the population that otherwise would be OK."

Everyone responsible for protecting themselves to protect vulnerable

"Now some people say that a person might say to themselves, well, 'I don't care if I get sick.' But I think what is not recognized enough, and I want to emphasize this as well, is that every person is only two or three degrees of separation from possibly a vulnerable person," said Gemmill.

Gemmill said almost 40 per cent of long-term care homes have had active coronavirus outbreaks, with 198 residents and two staff at long-term care homes dying of COVID-19 since the beginning of the year.

"Since Jan. 1, 198 residents of long-term care and, even more shocking to me, two long-term care staff – that's people who are otherwise healthy who were just going in to do their very level-best to look after people who have trouble looking after themselves, they have died of coronavirus and this is just unacceptable."

Forecasts suggest, said Gemmill, that more deaths will occur in long-term care homes during the second wave than died in the first wave, which is why he has said people living and working in long-term care facilities will be the first to be vaccinated.

"When we get the vaccine in our area, we will leave no stone unturned to get [vaccinations] in long-term care first and then others as fast as we possible can."

The other issue, Gemmill said, is the impact of the virus on the healthcare system – both people working in it, and people needing access to care.

"You've heard about this from the premier, the ICU capacity is over 400 beds, surgeries are being cancelled, and the access to care will continue to decrease with real consequences to other people's health," he said. "So it's not just people who are getting coronavirus, it's people with other conditions who will not have access to care because of the huge pressure that's on the healthcare system. So it's not just about one person who thinks it's OK if I get sick, but everyone that that person, and the person they all come into contact with, that is the issue here."

Gathering and travelling allowing virus to spread

"Most of the cases for which we have a documentation for where they got the infection, one area is the household contact, and that is hard to avoid, if you live in the same household with somebody. But also by close contact which is defined as the gatherings," he said. "People know the advice about wash your hands and don't touch your face and stay two metres apart all that kind of thing,

“

We're in the middle of a second wave of an illness that's clogging up the health system and is killing some of the population that otherwise would be OK.

— DR. IAN GEMMILL

”

but what has had less emphasis is the whole issues of traveling and gathering. And that's the cause of much of the spread that I have seen, and I work with colleagues in different parts of Ontario, before I started here with [this health unit].

He noted quotations from the province's modelling group that had presented projections for potential COVID-19 spread in Ontario, which stated that mobility and contacts between people had not decreased with the provincial lockdowns and restrictions that had been in place prior to the stay-at-home order, and that while "survey data shows that the majority of Ontarians are helping to limit the spread by following the guidelines, however, case numbers will not decline until more of the population follows their example."

"With current restrictions, two-thirds of the population are acting in a way that will decrease the spread of coronavirus, but it's not enough," he said. "We need everybody to do this, and that's why we had a lockdown a couple of weeks ago, and in addition, the stay-at-home order which means that we are expecting every person to be staying at home except for essential work, medical or health related appointments, and issues like medications, groceries, exercise is allowed, and I'm going to put family emergencies in here, that's not in the list but I think that everybody can understand that. And there are no other reasons."

Gemmill said travelling has been an issue, "and this is how the virus is taken from place to place."

"That's why I for one am fully supportive of the stay-at-home order and I hope it will have the desired effect of getting a better handle, better control, of this virus," he said. "We're in a race against the virus. We have a variant now that is more transmissible ... We need to get it controlled so that we can get vaccines into arms and protect people before they are exposed to this. So travel outside one's own local community should not be undertaken because it can transfer the virus from a place where there perhaps isn't too much activity, to a place where there is."

Contact tracing effective

When a positive test is confirmed, there are two things the local public health unit puts into place. First, said Gemmill, the health unit contacts that person and relays that they must isolate for 10 days, which is the current national recommendation. After that 10-day isolation period, Gemmill said at that point the person is no longer in a position to spread the infection to others and can be released from isolation. Additionally, the health unit asks the person where they might have been during the period in which they have been infectious to others.

"We take that range of time and we say, tell us everything you've done and the con-

see CONTACT page 16

REAL ESTATE SERVICES

Introducing Our New WEEKLY REAL ESTATE SHOWCASE SPECIAL

Let us help you showcase your listings in all three of our weekly papers!

IT'S 1 AS EASY 2 AS... 3

THE ECHO
HALIBURTON COUNTY

The Times
MINDEN ONTARIO

CountyLife

Your ad will run in **ALL THREE** of our papers at **ONE LOW price!**

Laura Smith - laura@haliburtonpress.ca or 705-854-0294

Jennifer McEathron- jenniferm@haliburtonpress.com
or 705-457-1037 ext. 31

Paul Banelopoulos - paul@haliburtonpress.com or 705-286-1288

David Zilstra - david@haliburtonpress.ca or 705-457-1037 ext. 37



SIRCH staff and volunteers prepare food for the Community Kitchen program, which distributes free meals to vulnerable and low income individuals throughout Haliburton County. Money raised from this year's Gifts From The Heart campaign will ensure this program continues. The ongoing pandemic has seen a surge in meal requests and the need continues to grow.

Gifts from the Heart

Thanks to you, we met our fundraising goal, which will be used to help support individuals and families who require prepared meals!

Your generous donation makes a difference.

Here's how:

It helps fund the Community Kitchen frozen prepared meal program, where nutritious meals, soups, and fruit desserts are distributed through SIRCH and other service providers.

We are currently cooking about 2,000-2,500 meals each month to give out to those in need.

To date approximately 25,000 free meals have been given out during the past 10 months.

Lunch Is On Us, a weekly program where anyone can take out a free hot lunch on Wednesday.

Thank you for supporting the 2020 **Gifts From The Heart** campaign!

Lakefront Property Owners,

The Haliburton County Home Builders Association has spent the last few weeks bringing forward a few facts regarding the proposed Shoreline By-law that the County of Haliburton is attempting to implement. The goal of our media campaign is to bring awareness of the By-law to the waterfront property owners in the County. We encourage you to educate yourself on what this By-law is proposing and make your voice heard by contacting your elected officials. We also invite you to visit <https://wadein.haliburtoncounty.ca> to submit your comments / concerns. Here are a few points that the HCHBA has identified as items that need to be addressed prior to finalizing a Shoreline By-law:

- A Task Force should be assembled that will include representatives from the County, Trades, and Waterfront Property Owners. This will allow all groups to have their input in the creation of an effective and functional Shoreline By-law.
- A research and education initiative regarding the water quality of our local water bodies needs to be undertaken by the County of Haliburton. The research should be commissioned by the County and all findings should be available to the public.
- The permit process / requirements for the proposed By-law needs to be clear, concise, and easy to understand. Currently a large project will require you to prepare a Site Alteration Plan. The requirements for the Site Alteration Plan are far too extensive. For example, as it is currently stated in Schedule 'A' you will be required to identify ***'The location and species types of vegetative cover, including the species and size of trees and shrubs.'*** If this is taken as it is written it could take days to map all of the trees and shrubs on a larger waterfront property.

If you have any questions, we at the HCHBA recommend that you write, email, or call your municipal elected officials with your comments or concerns. The Draft Bylaw and Questions and Answers can be found on our website under 'Resources' at www.hchba.ca



#Building with the Environment in Mind



Contact your Dealer for a **WINTER ON** Bonus



2021 FORESTER
WELL-EQUIPPED FROM \$30,686*

LEASE WEEKLY FOR **\$78** | AT **0.99%**** APR

For 24 months with \$2,720 down. 104 payments required.

2021 CROSSTREK
WELL-EQUIPPED FROM \$25,486*

LEASE WEEKLY FOR **\$68** | AT **0.5%**** APR

For 24 months with \$1,331 down. 104 payments required.

Fully equipped for Snowbaru season

- Symmetrical Full-Time AWD
- X-MODE® for extra traction
- Award-winning safety features

Shop safely - book your appointment at [ontario.subarudealer.ca](https://www.ontario.subarudealer.ca)

Limited-time offers. MSRP of \$28,995/\$23,795 on the 2021 Forester CP CVT (MJ225)/2021 Crosstrek CP MT (MX1CP). *Advertised pricing consists of MSRP plus \$1,800/\$1,800 freight and PDI, \$249 Admin, \$100 Tire Tax, \$10 OMVIC, \$20 Tire Levy, \$12 PPSA Service fee charge, and \$500 stackable Subaru Canada dollars, includes a full tank of gas. Taxes, license, registration and insurance are extra. \$0 security deposit. **Lease rate of 0.99%/0.5% for 24/24 months. Lease payments of \$78/\$68 weekly with \$0/\$0 down payment. Lease end value \$20,332/\$17,290 with \$3,189/\$1,790 due on delivery. Lease based on a maximum of 20,000 km per year for 24 months, or 40,000 km total, with excess charged at \$0.10/km. Subject to credit approval by Subaru Financial Services by TCCI. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Contact your Subaru dealer for details. Models shown: 2021 Forester Limited CVT (MJ2LP)/2021 Crosstrek Limited Eyesight (MX2LP) with an MSRP of \$38,795/\$34,495. Dealers may sell or lease for less or may have to order or trade. Vehicle(s) shown solely for purposes of illustration and may not be equipped exactly as shown. EyeSight® is a driver-assist system, which may not operate optimally under all driving conditions. The driver is always responsible for safe and attentive driving. System effectiveness depends on many factors such as vehicle maintenance, and weather and road conditions. See Owner's Manual for complete details on system operation and limitations. Forester, Crosstrek and Subaru are registered trademarks. Offers end February 1, 2021. Offers subject to change or cancellation without notice. See your local Subaru dealer or visit www.ontario.subarudealer.ca for complete program details.



MINDEN SUBARU

**13061 Hwy 35 Minden, ON
705-286-6126**



*Believe in
the Magic
of Giving!*

Thank You for Believing

\$163,375

was raised to fund a new portable digital x-ray machine for the Haliburton ER, complementing the one recently implemented at the Minden site - as well as contributing to critical Community Support Services programs – including an additional 630 meals for seniors in need, and funding 65 trips for medically-required transportation.

Thank you to so many generous individuals, groups, and businesses, including:

- | | | | | |
|---|---|--|--|--|
| David Wishart
Thomas & Josephine Bunker
Peter & Klara Oylar
William & Lorna Anderson
John Barker
Donald Selbie
Clara Tomkinson
Don & Pat Maulson
Jean Randell
Lee & Patricia Clarke
Grace Olds
Eric Niemela
Peter Montgomery
Stephen Phillips
Helen Mills
J. Paul & Doris Mitchell
Linda Johnston
Gordon Glandfield
Scott Pollard
Jane Robinson
David Snow
Douglas Watt
Deborah Bennett
Barb Bagnell
Kevin Roy
Georgina Kernohan
Richard Austin
Jim Archer
Marybeth Wilson
John Bernhardt
Donna Luger
Peter Jensen
Thomas Oeser
Joan Flood
Charles Middleton
Erskine Flook
Brian Legros
Jo Ann Richardson
Joseph Petrie
Peter Wilkins
Bojan Bogdanovic
Leigh & Iris Bishton
Robert & Deborah Bunn
Ben Dentinger
George & Eva Sihvonon
Joan Fitzgibbon
Norman Oliver
Mike & Mary Johnson
Roy Farrugia
Linda Dodds
Wendy Bishop
Raymond Brown
Lorraine Kneeshaw
Walter & Ruth Kosciejew
Philip & Barbara Kosow
Allan & Diane Ingram
Paul & Veronica Mason
Harvey & Ritha Helliwell
Kathleen Clifford
Hermann & Mary Huber
Edward Teel
Janet E. Jones
John & Mary Ann Rowsome
David Morris
Terrance Johnston
William Gliddon
Barbara Hodgson-Medd
Wallace & Margaret Eley
David Buchanan
Gerald Zimmerling
Geoffrey Byford | Peter & Susan Hazlewood
Doug Blaney
John & Lorraine Macdonald
Dr John & Diana Ramage
Barbara Waterman
Margita Petersons
Ian Moore & Wayne Wylie
Mervin & Lois Barry
Joseph Domagala
Robert & Betty Davidson
Ruby Billings
Donald Geall
Garth & Mary Huffman
Bill & Coral Martin
Joseph Preston
Penelope Rose
Shirley Johnson
Doug & Kim Thompson
Karen Smith
David & Barbara Piercey
Irene Houtby
Hugh & Helen Allore
Brenda Watson
Wayne & Marilyn Playter
Margaret & William Higgins
Robert Dryden
Karen Takenaka
Rosalee Berlin
Elmer Down
Ruth Stutt
Doug Baker
Harold & Lauren Stoveld
Tony Roldan
Mark & Stephanie Bain
Walter Ozog
Robert & Patricia Wright
Marilyn White
Jack E. Long
Lloyd Darlington
Sneh & Joti Chakraborty
Peter & Jan D'Angelo
Michael & Amelia Hryb
Murray Woods
Jean McDonald
Hellen & Tim Koivusalo
Richard Eppstein
Robin Loudon
John & Elizabeth Clarke
Sondra Smith
David & Shirley Horsley
Shirley Howe
Carl Berger
Richard & Leah Carroll
John Simpson
David & Lynda Wheeler
David & Gina Davidson
Larry & Mary Davis
Thomas & Lynne Stanlake
Robert LeMottee
Barbara Dudman
Muriel McGowan
Sally Kenerson
Judith & Roger Hillier
Sharon & Duncan Smith
Wayne Glanfield
William & Erin Handley
Patricia Fearrey
Larry & Linda Cummins
Michael Mitchell
Edward & Dianne Harris
Bill Giddins | Glen Simpson
Eleanor Sewell
Randall & Jessie Schnarr
Stephen & Charlene Ecclestone
Linda Virtanen
Jack & Shirley Venner
Bruce & Gloria Creamer
Lorne Mackenzie
Wayne Coltman
Carol Crane
Shirley Davis
Robert Fairey
Steve's Casting Ltd
C. Barry Withers
Keith & Susan Hay
John Fortune
Suzanne & Maurice Mathieu
Karen Ford
Risto & Anna Santala
Elinor Hamilton
Ted & Cheryl McCarroll
Andy & Sylvia Campbell
Gisela Klepeis
David & Virginia Scotto
Anne Freer
Sharon Howard
Paul Vorvis
Heather Muirhead
Laurie Turner
Pamela Horton
Lori Roberts
Patricia Martin
Mike Grinnell
Aaron Wolkoff
Georgiena Boyle
Don Henderson
Beth Redner
James Ridgley
Gary & Jill Lee
Mary Bradley
James Cochlin
Keith & Jackie Sheridan
R. M. Gibbs
Myrtle Walker
William & Wendy Hoover
Susan Mole
Garry Whitney
Elizabeth Rombough
Patricia Tierney
George Denny
John Rae
Wayne Ground
Carol Groves
Lyne Vinet & Robert Deubel
Kenneth Irvine
Dennis Curry
Greg Saville
Al & Sharon Petrie
Karen Dell
Barbara Angel & Mark Revelle
Catherine Spears & Steven Iczkovitz
James Sward
Marilyn & Howard Rowe
Mary Webb
Charles Coupal
Marion & William Tyrrell
Elda Hunter
Bruce & Carol McClennan
Tom Wilcox
John & Sharon Sinclair
Lewis & Marlene Roberts | Howard Higgins
Hilda & Frederick Teusink
Irene Juhasz
Tom & Barb Parish
Geoff Nokes
Rosemary Chapman
Dan & Roberta McCombe
Brian Williams
Stephen Hummel
Constance Van Parys
Ron White
Edith Emde
Robert & Sharon Briscoe
Patrick Ducey & Shelly Edinger
John & Jean Collins
David & Heather Toswell
Robert Ball
Sebastien Griesser
Jim Ashley
Jamie Dougall
Charles & Janet O'Neil
Don & Cookie Biback
Doreen & Russell Sisson
Dr. Andy Gordon
Gwen Scott
Mary Pockett
Bill Wilson
Allan Callard
Betty Davis
Mary Lou Pollitt
Stan & Aileen Shalay
Linda Buehler
Patricia Watson
Jim & Cynndy Hickson
Dale & Lori Shannon
Joan Nicol
Clifford Oliver
J. Earl Smith
Patricia & James Fink
Robert Arthur
Trent McElwain
Mark Fleminger
Hana Curtis
Larry & Sheila Gammon
Ilsemarie Tarte
Winn Taylor
Shelley Brunt
David Watt
David & Valerie Ashfield
Wayne Loucks
Heather Guscott
Eleanor Hall
Ron & Shirley Sakkal
Eleanor Macneil
Mary Lou Waggett-Macklin
Sandra Bell
David & Dawn Rea
Roger & Jo-Ann Hodgson
Patricia Bradley
Hugh Nichol
Bruce & Barbara Bunker
Ernest Hills
Cindy Trapp
David & Marlene Robinson
Maureen Jackman
John & Barbara Hepburn
Ron & Brenda Rollauer
Terry & Ann Maher
Myrtle Bouthoorn
Jan Gerrow
Andrea Engels | John McCormack
Ian Brown
Victor Kenney
Anne Ruptash
Steve & Brenda Leis
Bruce Griffith
Dean Jeffries
Andrea & Steve Roberts
Bruce & Barbara Stienburg
Don Outram
Gary Graham
Marilyn Hadley
Arlene Robinson
Bill & Eleanor McIntosh
Yvonne Crease
Joan & Wilf Baxter
Glen Burke
Margaret Tink
William & Susan Dell
Katherine Barnard
John & Marilyn Dippell
Daryl Poirier
Valerie & John du Manoir
Nan Shuttleworth
Maria Tschida
Boyd & Janice Carr
Richard & Patricia Lewis
Stuart Buck
Kathy & Michael Bernardi
Helen & Derek Carroll
David R. Lee
Kenneth & Petrenella MacDowall
Gervaise & Diane MacKay
Elwood & Janet Morrison
Sheila Carter
James Cook
Paul & Susanne Newman
Bruce Scott
John Greig
Norman Ollerenshaw
Patricia Bradburn
Brucie & Bruno Delazzer
Doug & Lori Sinclair
Alan & Shirley Mackie
Alex & Rosalie MacLeod
Jake Dornier
Cheryl Gargal
Marit & Dan LaPierre
Robert & Jean Paddock
Sylvia Soga
William Fisher & Aaffien May
Marilyn Rydberg
Francois Graveline
Dave Bonham
Bill & Phyllis Middleton
David Conway
Helen McKirdy
David Barker
Douglas Swailes
Dave McNeil
Gillian Stephen
Barry & Barbara Edwards
Ralph Robinson
Bob & Jane Heyes
Gordon Forbes
Derek Wolvin
Murray & Pam Martin
Brian & Carol Chadwick
Margaret & David Hollands
Donna Reid
Bernadette Engel |
|---|---|--|--|--|

7199 Gelert Road, PO Box 1413
Haliburton, ON K0M 1S0
705-457-1580



6 McPherson St, P.O. Box 30,
Minden, ON K0M 2K0
705-286-1580

in the Magic of Giving!

Peter Kukkonen
Valerian & Melanie Fonseca
B.J. Harpur
Janet Smith
Doris Pierson
Elinor Brownridge
Terry & Joan Owen
Michael & Clara Vuksic
Keith Sjogren
John & Joan Warren
Frances Myers
June Benson
Lewis Kyte
Lynda Preston
Ken Fisher
Nigel Lindsey-King
Rick Brown
Judith Martin
Roger Karam
Robert Spall
Gary Hunt
Jim Bertram
Donald & Dale Patten
Susan Scullion
John & Mary Anderson
Joseph Winters
William & Laura Muirhead
Lois Emmerson
Bev Franklin Goard
Neil Whent
Keith & Marie Lita Townsend
Ann Kerr
Joyce Brown
Carl G. A. Harvey
Bill Aikenhead
Ken Thompson
Lorraine Szumlinski
Brian Miller
Robert Jesswein
Nancy Hughes
Reg & Judy Robinson
Rupert Jocher
Charles Saunders
Glen & Donna Brown
Glen & Lynn Storey
Robert Vowles
John & Rosalie Cowan
Peggy Sharp
Carol & Russell Powadiuk

Carol Thompson
August Janca
Bryan Dawes
Allan O'Neill
Harry & Lynda Tendijowski
Raymond Legault
Peter and Pauline Baumgartner
Paul Morse
Bob Leu
Frances Myers
Susan Pethick
Daryl & Cathy McMullen
Norma Isaacs
Anne Marriott & David Wunker
Morley Potash
Verne & Merlin Gartshore
Rosemary Hughes
Julie Tolentino
Thomas & Kathryn Salisbury
Bridget Lynch
Margaret Parker
Albert Exon
Ann Wirsig
Ron Sparrow
Russell & Dottie Wunker
Beryl Gorin
Doris Laine
Don Lecuyer
Kenneth & Dianne Goreski
Doug James
Ron & Gail Beveridge
Marion Muirhead
Charles & Marie Watson
Ross Robertson
John Featherstone
Warren Lowe
Howard & Carol Snow
Jeff Fennell
Mark & Sharon Fennell
Ian & Rosanne Cruickshank
Larry Partridge
Harold & Jean O'Halloran
Carlos Ku
Mary Samson
Heather & Spencer Elvins
Carolyn & David Duggan
David & Margaret Brisbin
Nadine & Don Bell
Terry Roche

Angelika Steckley
Susan Logan
David Gray
Bruce & Janice Clark
Bonny & Gary Ford
Ruby Kengatharan
Janice James
Warren Arseneau
John & Lynn Childs
Samuel Strauss
Peter Brogden
Rodney & Ingrid Morris
Susan Yack
Lance Payne
Lynn Shipley-Yake
Richard Logan
Donald Gage
Paul Martin
Robert Finlay
Brian & Beth Kipping
Marianne & Paul Hannan
Donald Pierson
Stanley Consky
Donald Moyes
Gwen & Wayne Sharpe
Gunther Brauer
Bo & Kathy Petroff
Margaret Priest
Shirley Bennett
Albert & Katherine Dukacz
Don & Nancy Ballantyne
Tom Wright
June Devolin
Barbara J. Romans
Peter & Ann Varty
Terry Moore
Scott Martin
George McElroy
Cora Lee Forgie
Brian, Kathryn, Sarah & Michael Dunn
Maureen & Jim Peirce
Jeff & Heather Gollob
Lois Deacon
John & Doriana Krukowski
Dorothy Thayer
Elizabeth Bloomfield
Neil & Betty Catherwood
James F. Mitchell
Kenneth & Isabell Pick

Lorna Hicks
William & Anne Hepburn
Ruth Stephenson
Judith Douglas
Barry Wood
Charles & Katherine Black
Michael Campbell
Barbara Clive
Peter & Laraine Forgrave
Doris M. Brown
Adam & Dana Kronick
William & Margaret Small
David Gynn
Catherine Smith
Sharen Wilson Carr
Ron Durand
Arlene Scheffee
Mitchell Gross
E. Fred Saunders
Terri Robinson
William Obee
Sheila Ziman
Rachel Dus
Margaret Wilson
Barbara Wallwork
Mike Scheffee
Tracey Toye
John Purc
Glen Brodie
Herbert & Jayne Kennedy
Edythe Birkett
Lynne McKenzie & George Steeves
Susan Keith
Mary Nichols
Frances McCarney
James Thomson
William Middlemiss
Claude & Gail Parish
Alf Helleman & Sandra Junkin
Dorothy McIntyre
Tim Bain - M.E.T. Utilities
G. Rowden Building Construction
Norm Bottum Medicine Professional Corp.
K.T.H. Investments Limited

And many others who wished to remain anonymous

Your generosity helped us meet our goal!

The following donors wished to make their donation to honour and celebrate the life of someone special:

Janet Bond	Don Bond	Norma Goodger	Reta Kelly	Tom Brennand	Fred Reid
Michelle Bonham	Glen Bonham	David & Sandra Adams	Minden Ranson Family	Elizabeth Sharpe	The Rev. Tim Sharpe
Margaret Graham	Verne Graham	Lloyd Harrison	Ruth Harrison	Suzanne McEwen	Judy Mitchell
Margery Cartwright	Bruce Turner	Wilhelm Tieber	Cecilia Tieber	Suzanne McEwen	HHHS Nurses
Mike & Sandra Legge	David Marshall	Betty Barnes	granddaughter Jenny	Marcia Wagg	Dr. Heyes
Lynda Martin	Dorothy Shelton	Gail Rettie	Joe Rettie	Marcia Wagg	Judy Mitchell
Robert Valentine	Joanne Valentine	Beno Luna	Sue Favretto	Ron & Carol MacKenzie	Keith MacKenzie
Melda Marson	Graham Marson	Milton Sheppard	Phylis Maude Sheppard	Marilyn Wignall	James Wignall
Audrey Northey	Leslie Northey	Milton Sheppard	George Alex Sheppard	Don & Gayle Wetmore	John & Joan Bell
Ron May	Jean May	Bill & Susan Beers	Peter & Susan Bennett	Pearl Foster	Jim Foster
Mary Lou Morris	Doug Morris	Helen Hancock	Rev. Arnold Hancock	James Fowell	HHHS Staff
D.J. Fraser	Dr. Jim Fraser	Barry & Carol Stewart	Health Care Workers	Gordon Demetrick	Allan Ray Demetrick
Ottilie Grosschadl	Rudolph Grosschadl	Pat & Jeff Barry	Doug & Grace Holmes	Dale Robinson	Mark & Beth Robinson
Susan Reid	Fred Reid	Pat & Jeff Barry	Earle & Marj Barry	Allan & Susan Jewell	Isa & Dick Hilyer
Wendy Bateman	Sid Brinkman	Charlie Hadley	Jean Hadley	Margaret Cliff	Denis Cliff
James Hicks	Mary Hicks	Anonymous	Cindy & Gary Trapp	John D. & Brenda Smith	all front line workers
Jorma & Aune Skippari	Jerry Saunders	Susan Scott	Terry & Norma Barnum	Marjorie Howard	Jim Howard
Charlotte & Cathie Byrnes	Front Line Workers	Roy Clark	Linda Clark	Margaret Turner	Thomas Turner
Katherine & Ian Pay	all HHHS Staff	June Lenz	Evelyn Johnston	Jerry & Dale Walker	Bill & Patricia Hodgson
Dennis McPhee Dunn	Greg & Carol Dunn	Margaret Twyford	Ernie Howe	Hilary J. Morrin	Andreas Schollig
Dennis McPhee Dunn	Marj & Dick Dunn	Patricia Collins	Gary Collins	David Flint	Arthur R.A. Scace
Albert & Judy Carpenter	Velda Harrison	Janet & Arthur Walker	Glenn Vieira	Bill & Mary Forbes	Kit Forbes
Sadie Lavender	Doug Lavender	Donald Montgomery	Grant & Elsie Montgomery	Margaret Bailey	G. Thornton Bailey
Fergus & Mark O'Connell	Mary Ann O'Connell	Maxine Snell	Oswald Snell	Dawn Elliott	Marie Cox
Margaret Menzies	owning a cottage in Haliburton	Peter & Rozanne Hynard	Barbara Braithwaite	Darren Ablett	Dave & Barb Ablett
Patricia Woodcroft	John Woodcroft	Marilyn Burrows	Jim Burrows	John Frascetti	Moira K. Courtenay
Katherine Wagg	Roland E. Wagg	Anne Maher	Michael Maher	Dave Bright	Helen Bright
Shirley Yellen	Alex & Martha Reil	Rocco Scarano	Vivian Scarano	Kirsten Walli	Jack Walli
Winona Wray	Ross Wray	Murray & Caroline French	Robert Weir	Bruce & Judith Fisher	Parents & Grandson
Donna McKay	Bob McKay	Mitchell & Deborah O'Grady	ER Staff	Kenneth Hone	Ken & Lucy Hone
Laila Hillo	Andy Hillo	Christine Maleszyk	Paul Pethick	Lynda Shearer	Clarke & Glenda Simpson
Bettie Campbell	Ron Campbell	Annabelle Lees	Susan Atkins	Juanita Watson family	Bradley S. Watson
Ivor & Diane Thompson	Vera Coles	Janet Tedford	Doug Tedford	Patricia Davis	Mr. & Mrs. Henry Stronks
Nancy Webster	Dr. Peter Webster	Peter & Susan Bennett	Bill & Susan Beers	Mary Shiff	Hyland Crest lower unit staff
Jeff Crowe	Sharon Crowe	Elizabeth Boxall	Larry Boxall	Elizabeth Walli	Jack Walli
Walkers Home Hardware	Our Great Community	Carol Hewitt	Wilfred Hewitt	Karen Dockrill	Ross Poole
Sean Trofin	Dave Bonham	Geraldine Smith	Janice Lithgow	Samuel Whittaker	Doug & Lois Whittaker
Jeanette Jamieson	Hospital Staff	William Barrow	Audrey Barrow	Lynda Litwin	Edward Litwin
Marjorie Hallam	Jean Minto	Larry & Lisa Tompkins	Lew & Laurel Tompkins	Gord Hummell family	Clayton & Joan Hummel
Francine Newton	Syd & Lois Adamson	Larry & Lisa Tompkins	Phillip & Roberta Drouillard	Tom & Patricia Arnold	loved ones
Joanne Blake	Nicole Blake	Gerald & Gloria Taylor	Maisie Taylor	Blake McEnergy	Joe Iles

Contact tracing proven to be 'tried and true' approach

from page 10

tact you've had with other people, who are they, what are their phone numbers and email addresses, so we can get in touch with them," said Gemmill. "These are called the high-risk contacts."

Quarantine for those who might be sick is 14 days, when the potential for them to show symptoms might become more clear.

He said there are some situations where someone would not be considered a high-risk contact – if, for example, a delivery person dropped a box off and stayed two metres apart – but he said he has seen contacts through household members or those at gatherings, including weddings, hockey games, and holiday gatherings.

"We have to depend, clearly, on the honesty and the memory of the case, of where they've been each day, who they saw, how much time they've spent with them, under what circumstances and so on and that's how we follow this up. I can tell you, we scour, and I'm very impressed with how the people who are doing case and contact follow-up at [the health unit] really leave no stone unturned to find people, to get them into isolation."

Gemmill said sometimes it's still hard to find some contacts, or the person with the confirmed case of COVID-19 doesn't recall their prior days accurately.

"It doesn't always work perfectly, I men-

tioned before, sometimes people's memories don't work too well, sometimes their assessment of the situation is perhaps a little different than actually happened, but we have to base it on trusting that people are telling us to the best of their ability."

He said well over 90 per cent of people who have been in contact with someone with a confirmed case are being contacted.

"It's a long-standing tried and true approach to communicable diseases," he said of the process, which was in place prior to his own involvement in public health which began 40 years ago.

Request for more details on confirmed cases

Gemmill was asked by a member of the press if he thought reporting of confirmed case statistics could or should include more specific information about a person's location, noting the town they live in rather than the broader county information that is currently reported. Requests have been made regarding this information to the Information and Privacy Commissioner of Ontario, with a decision expected to be made in the upcoming weeks.

"This is an ongoing issue that I think needs to get resolved," said Gemmill. "It's not an issue just here, it's an issue in other places, I know. In the absence of provincial guidelines

on how to do this, of course every local public health agency is doing their presentation of their case counts in different ways."

Gemmill said he had gone over websites of different local public health agencies, to see how information was being shared.

"And it is a mixed bag, we're not the only ones doing it by county," he said, reiterating that the rationale for releasing information by county was to protect privacy information of those in rural areas with sparse population, and reduce potential for stigma. He looked forward to hearing from the Information and Privacy Commissioner.

"I actually welcome that, and we expect ... that we'll hear in the next couple of weeks about what is the right way to do this. We will be guided by that and whatever the Information and Privacy Commissioner suggests to us, we are going to do, and I hope that it will actually maybe set a standard for across Ontario so that everybody will be doing things in a similar way and we don't have the inconsistency that causes questions."

Gemmill said the bottom line is that everyone in the province should behave as though, when they are with other people, they are potentially being exposed, regardless of where confirmed cases have been identified, but that if the guidance returned from the Information and Privacy Commissioner suggested the health unit should be giving more information, they would.

“I believe in transparency and I believe that we should be giving as much information as people need to understand what’s going on. I think the most important thing to understand about this is that this winter’s virus is on the way up, in wave two, and people need to be guided by that.”

— DR. IAN GEMMILL

“I believe in transparency and I believe that we should be giving as much information as people need to understand what’s going on. I think the most important thing to understand about this is that this winter’s virus is on the way up, in wave two, and people need to be guided by that.”

Sudoku brought to you by

LISA MERCER
BROKER

Don't keep me a secret.


Not intended to solicit properties already listed for sale

lisa@lisamercer.ca
cell: 705.457.0364

Follow me on Facebook!



SUDOKU

6			8		5	2		1
8	1					4		
3		7					9	5
	4		5		3		8	2
	8			7			4	
				6				
	3		9	5			1	8
1	6				4	3		
				1	6			

Level: Beginner


Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on page 17



**COUNTY OF HALIBURTON
LAND DIVISION COMMITTEE
NOTICE OF APPLICATION FOR CONSENT**

NOTICE IS HEREBY GIVEN pursuant to Section 53(5)(a) of the Planning Act and Section 3, O.Reg. 197/96, as amended, that the following Applications for Consent have been submitted to the Haliburton County Land Division Committee, the consent granting authority in these matters.

AND FURTHER THAT An electronic meeting will be held **Monday, February 8, 2021 at 7:00 P.M.** to consider these applications.

AND FURTHER THAT this meeting will be held through remote electronic participation in accordance with the Municipal Act, 2001, as amended by Bill 187, the Municipal Emergency Act, 2020 and an Order in Council of March 28, 2020, which amended the Emergency Management and Civil Protection Act and prohibits organized public events of more than five people.

The media and the general public can view the Land Division Committee meeting webcast via the County of Haliburton YouTube channel: <https://youtu.be/g3kZDOPpxSY>

AND FURTHER THAT these Applications for Consent will be heard by the Land Division Committee:

- File No. H-021/20
Applicant: Kerry and Doreen Howe
Location of the Property: Lot 16, Plan 334 Geographic Township of Stanhope, now in the Township of Algonquin Highlands
Purpose of the Application: Easement for right-of-way
- File No. H-022/20
Applicant: Paul and Cindy Miller
Location of the Property: Lot 15, Plan 334, Geographic Township of Stanhope, now in the Township of Algonquin Highlands
Purpose of the Application: Easement for right-of-way

Additional information regarding the above applications is available for public inspection electronically by request during regular business hours, Monday to Friday, from 8:30 AM to 4:30 PM.

If a person or public body that files an appeal of a decision of the Land Division Committee in respect of the proposed consent does not make written submissions to the Land Division Committee before it gives or refuses to give a provisional consent, the Local Planning Appeal Tribunal may dismiss the appeal.

If you wish to be notified of the decision of the Land Division Committee in respect of the proposed consent, you must make a written request to the undersigned.

Dated at the Township of Minden Hills this 20 day of January, 2021.

Lisa Gillan
Secretary-Treasurer
Haliburton County Land Division Committee
11 Newcastle Street
P. O. Box 399
Minden, Ontario K0M 2K0
Telephone: (705) 286-1333
or 1-866-886-8815, Ext. 248
Fax: (705) 286-4829
E-mail: lgillan@county.haliburton.on.ca

Embracing the chill of winter and finding the warmth of kindred spirits

by **DARREN LUM**
Times Staff

Most people bundle up during the winter to shield against the cold, but one small group of swimmers is bucking the trend this year, shedding their clothing every month and embracing the waters of winter.

Call them names. They don't mind.

"We are crazy!" Joleen Thomas of Carnarvon wrote in a text about the Twelve Mile Lake Group. "The crazy keeps us coming back for more! Girls are challenging themselves to dunk this time, stay in longer, take a few more strokes."

The mother of three school-aged children points out all of the members of the group are strong swimmers, who know their limits and don't have any underlying health challenges that could be brought on by cold water. She also acknowledges they are taking "calculated risks" and that winter swimming and wading isn't for everyone.

This group may be brave to swim in open winter waters, but they are also prepared.

Thomas said the group employs a buddy system any time they swim, whether it's in the summer or winter, and for longer swims in the spring and summer a volunteer spotter watches swimmers in case of distress.

As preparation for the cold water, she wears her wetsuit during her travel to meet the others so she's sweating by the time she hits the water.

She also referenced some of the safety tips outlined by the article, *Swimming in Cold Water - A Guide to Temperature*, which was published in October on the website for the *Outdoor Swimmer* magazine. It listed cold water shock, swim failure, hypothermia and after drop as things to be concerned about when swimming in cold water.

Local medical doctor Norm Bottum of the Haliburton Highlands Family Health Team – who has been practicing for 33 years – reiterated a few of the points the article presented and offered six points from his perspective: one, make sure there is a support person on-site for assistance, if needed; two, expect an initial shock, which can cause panic, especially with first timers that could create a risk of drowning; three, initial shock could also be a risk to those with heart disease, hypertension, or other cardiovascular conditions; four, hypothermia is a risk so limit exposure and ease into the practice and have methods to warm up after because the air temperature will be less than the water temperature where hypothermia could set in; five, despite the perception that cold water immersion will strengthen the immune system, he has not seen research to support it; and six, he recognizes there is likely a "great sense of accomplishment, as long as it is done safely."

Inspired by the departure of one member, Anje Hilkers, who left the Highlands for the Netherlands, the Twelve Mile Lake Group vowed to continue swimming this winter as a tribute to her, and provides inspiration through social media posts during these challenging times. The past few months the group has been meeting once a month, picking days when the forecast is ideal with temperatures and conditions that are not extremely cold or windy. There is also a list of criteria used when picking locations, as water ways start to freeze: ease of access to and from the water such as a shallow beach, ramp entrance that can be used on foot; a lack of steep banks; accessible parking and access from the car to water. The previous 11 years of the group's existence they met up for regular swims during the spring and summer on Twelve Mile Lake, which also included their children as young as 10 years.

Every member of this swimming group has their own reasons for participation, and include different comfort levels of immersion, whether it's walking in, dunking their bodies, or a short swim of 100 metres.

Linda Shantz of Haliburton said this monthly practice and this group provided her strength when she felt her lowest after her father died recently. She recounts her experience of returning from the water, heavy with emotion, but became buoyed by the support from the spirit of sisterhood they all share. Although the mother of two young adult sons said the swim is the only time where they all come together, she said seeing them on shore waiting for her to come in from the water provided the strength to know things will be alright.

"I wouldn't do it if they weren't there ... it was like a reset," she said.

With the emotions of losing her father still fresh, she expressed an appreciation for being able to swim at all, cold water or not.

"I'm doing this because he can't," she said, referring to how her father was an avid swimmer, spending years swimming in Georgian Bay while at the cottage.



The Twelve Mile Lake Group move into the water for a winter dip during one of their monthly meetings recently. Typically, the group met up for regular group swims during the spring and summer, but this year one of its members left for the Netherlands, so as a tribute, the group vowed to swim throughout the winter. /Submitted by Linda Shantz

The newest member to the group is Leslie O'Brien, who just joined a few months ago in November. The mother of three is a yoga and meditation teacher that has seen personal growth through this experience.

"This, for me, is a practice of persevering through the discomfort and nourishing my spirit. It builds my sense of self, that I can do things I don't wanna do because I will feel better on the other side," she wrote in an email.

O'Brien said it was through her connection with Thomas when they met five years ago through the Haliburton County homeschool community that got her out to swim this winter.

This experience has enabled O'Brien to learn about herself in ways she hasn't before.

"I have progressed through the courage of the other swimmers. The first time I walked in to my thighs and walked back out. Second time was similar. Third time walked in up to my waist and walked back out," she wrote. "Last time, I walked in to my knees and fully submerged and quickly walked back out. It was excruciating but I felt invigorated by the experience and my own (and everyone's) courage."

O'Brien said she believes there are health benefits to cold therapy, which she said can help lower inflammation. She also cited well-known Dutch extreme athlete, Wim Hof, or Iceman, who is famous for withstanding cold and other extreme conditions. Hof is a Guinness world record holder for his cold exposure exploits such as the longest swim under ice, and bases his abilities on his Wim Hof method of conditioning incorporating breathing, commitment and cold therapy.

She said her first exposure to cold water therapy was as a kundalini yoga teacher. O'Brien said ishnaan is an ancient practice calling "the cold shower you should take everyday to stay happy and healthy."

Thomas said each member has taken their own personal journey the past several months in regards to open water swimming.

"We started swimming in May. We meet daily in summer, and well into September. Then started the challenge in October. I am the only one that swims any cold water distance. The other girls each do a version that challenges them. Some a few strokes, some a dunk, some a quick in and out," she wrote. "But, as the months have progressed, each person has challenged themselves to a little bit more than last month because they feel more confident and comfortable."

Some of the members wear a three-quarter to full body wetsuit, while others wear a swimsuit, but they all have transitioned to more and more immersion to acclimatize their bodies to open water swimming, which has temperatures that fluctuate and change to the season.

As boundaries go, everyone has their own.

Thomas so far has swam the greatest distance and hopes to keep progressing.

"It was really cold in January, more so than Christmas Eve, (I may have been lacking in calories after a long ski before) but it was challenging to feel comfortable for more than 100 metres. I wanted to swim down stream from bridge to bridge [on the Gull River] for maybe March. But I might need a

buddy to push me," she said.

She adds getting in the water during these colder days isn't the issue.

"It's easy to run in the water. The hardest part is envisioning how you will warm up afterwards!" she wrote in a text.

Community Events

Send your events listing to
Pat Lewis at classifieds@haliburtonpress.com

Child Care in Minden

COMPASS
EARLY LEARNING AND CARE

Compass Early Learning and Care (CELC) is a progressive, non-profit organization where we work collaboratively to provide excellence in early learning and care.

We provide endless opportunities for your child to discover the joy of learning through play.

CELC Minden
Toddler, Preschool,
Infant spaces
T: 705-286-4074
















Archie Stouffer
Before/After School,
PA days & Holidays
T: 705-854-1123

Go to: compasselc.com or
OneHSN.com/KawarthaLakes
to find out more or to register.

SUDOKU SOLUTION

6	9	4	8	3	5	2	7	1
8	1	5	7	2	9	4	6	3
3	2	7	6	4	1	8	9	5
7	4	6	5	9	3	1	8	2
9	8	3	1	7	2	5	4	6
2	5	1	4	6	8	7	3	9
4	3	2	9	5	7	6	1	8
1	6	9	2	8	4	3	5	7
5	7	8	3	1	6	9	2	4

Congratulations to our team at RE/MAX Professionals North for having a successful year in 2020. We are proud of our Sales Representatives and Brokers for persevering through major adversity and ending up with incredible results! We are looking forward to an even better 2021! - Leah Ambler and Christopher Alexander, Owners

Individual Awards	<div> TITAN</div> <div>Linda Baumgartner*** Troy Austen* Jeff Wilson*</div>		<div> CHAIRMAN'S</div> <div>Vince Duchene** Marj Parish*</div>								
	<div> PLATINUM</div> <div>Lisa Mercer** John Parish* Andrea Strano** Graeme Woods*</div>		<div><div>Rick Forget** Terry Carr* Bill Kulas* Cheryl Bolger*</div><div>Lynda Litwin* Blake O'Byrne* Melanie Hevesi**</div></div>								
	<div> 100%</div> <div>Ken Barry** Ted Vasey* Kelly Mercer* Rosemarie Jung*</div> <div>Braden Roberts* Karen Wood** Todd Tiffin*</div>		<div> EXECUTIVE</div> <div>Deb Lambe* Jeff Strano* Joel Taylor* Nicole Baumgartner**</div>								
Team Awards	<div> PINNACLE CLUB TEAM</div> <div>Troy Austen* Jeff Wilson* Cheryl Bolger* Braden Roberts* Deb Lambe* Jess Wilson**</div>		<div> DIAMOND AWARD TEAM</div> <div>Marj Parish* John Parish* Andrea Strano** Jeff Strano*</div>		<div> DIAMOND AWARD TEAM</div> <div>Linda Baumgartner*** Karen Wood** Rosemarie Jung* Nicole Baumgartner**</div>		<div> 100% CLUB TEAM</div> <div>Todd Tiffin* Joel Taylor*</div>				
	<div> RE/MAX LIFETIME ACHIEVEMENT</div> <div>Rick Forget**</div>		<div> RE/MAX LIFETIME ACHIEVEMENT</div> <div>Jeff Wilson*</div>		<div> RE/MAX LIFETIME ACHIEVEMENT</div> <div>Marj Parish*</div>		<div> RE/MAX LIFETIME ACHIEVEMENT</div> <div>John Parish*</div>		<div> RE/MAX HALL OF FAME</div> <div>Fred Chapple*</div>		<div> RE/MAX HALL OF FAME</div> <div>Andrea Strano**</div>



RE/MAX PROFESSIONALS NORTH

OFFICES
191 Highland St., Suite 201, Haliburton ON, K0M 1S0 705-457-1011
12621 Highway 35, Minden ON, K0M 2K0 705-286-2911
4536 Kennisis Lake Rd., Haliburton ON, K0M 1S0 705-457-7025
2260 Loop Road P.O. BOX 287, Wilberforce ON, K0L 3C0 705-448-2222
www.professionalsnorth.ontario.remax.ca

BUILDERS & CONTRACTORS

G. Rowden Building
Specializing in
• Cottage lifting • Basements
• Perimeter Walls • Concrete Slabs
(705) 457-2168

CHIMNEY SERVICES

MYERS CHIMNEY
SWEEPING * INSTALLATION * INSPECTION * REPAIR

MYERS CHIMNEY PERFORMS AND SUPPLIES A WRITTEN INSPECTION WITH EVERY CHIMNEY SWEEP THAT MEETS THE REQUIREMENTS OF THE NATIONAL FIRE PROTECTION ASSOCIATION (NFPA) AT NO EXTRA COST TO YOU!

FIND OUT THE CONDITION OF YOUR CHIMNEY
CALL: 705-286-1245 TO BOOK YOUR SWEEP TODAY!
myerschimney@hotmail.com www.myerschimney.com

FLOORING SERVICES

D & K Epoxy Solutions
Epoxy coverings, the future of durability, style and quality we stand behind...

- Professional Grade Products For Residential And Commercial
- Floor Grinding, Polishing, And Repairs.
- Decorative Coatings
- Metallic Epoxy Floors
- Chips And Quartz Floor Systems
- Indoor And Outdoor
- Cover Plywood, Concrete, Decks And More...

Derek Rowden 705-754 0466 dandkepoxy@hotmail.com | www.dandkepoxy.com
WSIB Coverage | Fully Insured

PROPERTY SERVICES

AM PROJECT SERVICES

SNOW PLOWING
LAWN CUTTING
SMALL ENGINE REPAIRS
SNOWMOBILE & ATV

AL & LISA McPHERSON
amprojectservice@gmail.com
705 896 0438

Haliburton Property Management

- Home & Cottage maintenance & repair
- Cottage watch/photographed inspections
- Cottage winterization/spring opening
- Small water system maintenance
- Lawn care/yard maintenance
- Dock installation/removal

Contact Us Today
#289-716-4647
haliburtonpropertymanagement@gmail.com

A Satisfied Customer
is the Best Business
Strategy of All!

Here's My Card

ELECTRICAL SERVICES

Buckley Electric

Building Your Dream Home or Cottage?
We specialize in residential electrical systems uniquely customized to fit YOUR needs.

CALL TODAY FOR A FREE ESTIMATE!
KEVIN BUCKLEY 705-286-1134
buckleyelectric.com ECRA licence # 7000397

HEATING & COOLING

NORTHERN HVAC CO.
FAST RELIABLE SERVICE

MAKING YOUR HOME COMFORTABLE

Furnaces	Fire Places	Air Conditioning
Ductwork	Gas Piping	Heat Pumps
Boilers	Hot Water Tanks	Chimney

1116 Little Hawk Lake Road O. 705-489-2001
Algonquin Highlands C. 705-457-8509

KIERAN GILLOOLY
NORTHERNHVACCO@GMAIL.COM

20% off for Seniors on all HVAC equipment servicing

WATER & WELL SERVICES

SERVING COTTAGE COUNTRY SINCE 1987

- Water Treatment Systems
- Winter Water Systems
- Well Systems
- Waste Water Systems
- Viqua UV Systems
- Heat Cables
- Hot Water Tanks
- Hot Tub Water Care Service
- Beachcomber Hot Tubs
- Marquis Spas
- Operations of Small Drinking Water Systems
- Limited Sub Systems
- Well Contractor
- Well Technician

THE PUMP SHOP
Your Water Specialists

5161 County Road 21, Haliburton, ON
ThePumpShop.ca | info@thepumpshop.ca
705.457.2638 | 888.312.PUMP

BUILDING SUPPLIES

EMMERSON LUMBER
63 Maple Ave., Haliburton
Phone: 705-457-1550 • Fax: 705-457-1520
Out of Town Customers Call: 1-888-339-3325
email: information@emmersonlumber.com • www.emmersonlumber.com

Cottage Country Building Supplies
15492 Hwy #35, Carnarvon
Phone: 705-489-2212 Toll Free: 1-844-308-4212
www.cottagecountrybuildingsupplies.com

***Insulated Concrete Forms (ICF)**
(insulation, vapour barrier and studs in one form)

Everything you need for an ICF Build
(Block, rebar, foam, bracing, zip ties and more...)

Guided installs and experienced local builder referrals

EVERYTHINGICF
BY WOOD LUMBER
Bill Wood
Cell: 647.236.WOOD (9663)
Office: 705.489.2258
Toll Free: 1.866.383.9663
Web: everythingicf.ca
Email: info@everythingicf.ca

amvic
building system
1039 Heron Landing Rd., Algonquin Highlands

MASONRY SERVICES

- Concrete Slabs
- Block & ICF Foundations
- Specializing in Foundation Sealing
- Epoxy Floors

Derek Rowden 705-754-0466 dandkmasonry@msn.com
www.dandkmasonry.com
QUALITY WORKMANSHIP | Fully Insured

REPAIR SERVICES

TASN The Appliance Service Network

Rick Gibson
Certified Technician
705.489.1114
rick@tasn.ca
www.tasn.ca

Servicing All Makes of Appliances Since 1983
Caring for our neighbours from Dorset to Minden to Haliburton

WATER & WELL SERVICES

Great service, great prices.

Casey's
WATER WELL & GEOTHERMAL INC.

Your year-round well drilling experts.

Get ahead of your to do list and book your drilled well now!

Call us today 705-457-9558 or visit us online www.caseyswaterwell.ca

Keep the numbers of these
Locally Owned Businesses
on hand for all of your service needs!

Minden Times Classifieds

Call 705-286-1288 classifieds@haliburtonpress.com Deadline 4 pm Each Monday

Classified Word Ad Special

25 Words
Your ad will run in
The Echo, The Times
& County Life
Only \$15 ^{+HST}

200 FOR SALE

70" Sharp Aquos TV. Model LC70LE732U. Very Good Cond. Asking \$400.00 or Best Offer. **Call 705-286-6889 for details!**

220 FIREWOOD FOR SALE

Cut split & delivered seasoned firewood. \$350/bush cord for single bush cord. Multiple cord rate \$325.00 on more than one bush cord. 90% maple/all hardwood. Hand split & hand thrown onto truck. Very clean wood. Dry also available. **Call: 705-930-7198.**

400 EMPLOYMENT OPPORTUNITY

Haliburton Community Housing Corporation

is looking for a

Permanent Part-time Maintenance Person.

Must be available for on call and weekends. Applications due by **February 12, 2021.**

For more information and to submit your resume including referrals send to

HCHC,

1 Victoria St.,

Haliburton, ON K0M 1S0

or email to

manager@haliburtonhousing.com



an unwavering belief in people and possibilities

WE'RE HIRING! Marketing and Sales Coordinator

We are recruiting for an enthusiastic team player to join our team.

If you think you have the qualifications we invite you to apply by emailing a cover letter and resume to:
info@sirch.on.ca.

For a full job description visit our website
www.sirch.on.ca/job

420 SERVICES

Mike A. Thomson
General Contracting
ROOFING - DECKS - DOCKS
CARPENTRY REPAIRS
Call Today!
(705) 457-6365

280 ITEMS WANTED

**SCRAP CARS, TRUCKS
& MACHINERY REMOVED
\$\$ CASH \$\$ PAID
Free Pick up.
Call Today 705 340-2094**

400 EMPLOYMENT OPPORTUNITY

Camp White Pine is seeking Cleaning and Maintenance Staff. Up to 5 months of work available May - September. Earn up to \$25/hour. Email **info@campwhitepine.com** or call 416-322-6250.

Experience cleaning person required on Crystal Lake (Trent Lakes Township) for year round service. Looking for long term commitment. Email **mikerizzo@rogers.com** or call/text 416- 522 7499



SALES CLERK

Applications are being accepted for a full time sales clerk position at our Haliburton store. Responsibilities include customer service and inventory control. Successful candidates should have a good working knowledge of lumber products and good computer skills.

Please submit resumes to Emmerson Lumber Limited, Attention Cleve Roberts, P.O. Box 150, Haliburton, On. K0M 1S0 or e-mail at **cleve@emmersonlumber.com.**

410 EMPLOYMENT WANTED

Recently moved to Minden. **Renovation Contractor** available to complete kitchen and washroom renovations, decks, glass railings, tile and hardwood installation/trim work. **Call 647-295-4854**

420 SERVICES

**STEEL ROOFING
& SIDING**
29 gauge Galv \$78 per sq.
40 year paint \$106 per sq.
ON SALE...Painted \$99 per sq.
Barr Steel Sales
705-723-8080
www.sbsteel.ca

300 FOR RENT

Clean 2 bedroom apartment Highland St. \$1,300/month utilities included. No pets. **Call 705-457-9558**

380 COMMERCIAL SPACE FOR RENT

SELF CONTAINED STORAGE UNITS for rent, discounts available located on Industrial Park Road in Haliburton. **Call 705 457-1224.**

Modern/ bright and fully equipped MEDICAL/DENTAL clinic for lease. High visibility locale at Hwy 35 & Main St. Bobcaygeon Rd. Fully wheelchair accessible. **Available immediately. 705-286-2994**

400 EMPLOYMENT OPPORTUNITY

HALIBURTON CHIROPRACTIC

has an employment opportunity for:

REGISTERED MASSAGE THERAPIST

Our dynamic health-care team has an opening for an RMT. The successful candidate will enjoy working with a team that is motivated and dedicated to patient outcomes and customer service. Our clinic has a beautiful environment that is multi-disciplinary and handles a broad spectrum of cases (registered HCAI, WSIB and Veteran's affairs provider). We have an exceptional compensation package and hours/days of the week are negotiable.

Please email

Dr. Katie Hammerschmidt

info@haliburtonchiropractic.com

for more information and to submit your resume for consideration.

420 SERVICES

RnR Computer Solutions

Robert Rutledge, Minden,

Ph(289) 300-0879

rnrcomputersolutions

@outlook.com

In Home Service Computer Repairs & Upgrades, Software Setup & Teach Software, Tablet Repair (Apple, Android, Windows)
Online Remote access

STOUGHTON QUALITY ROOFING

WE'RE HERE WHEN YOU NEED US

WE USE OUR OWN PATENTED DESIGN

SATISFACTION GUARANTEED CALL US AT **705-457-0703**

400 EMPLOYMENT OPPORTUNITY



is accepting applications for the following position

YARD ATTENDANT / DRIVER POSITION

We require an energetic individual to assist in delivery of building supplies, customer service and material handling.

Applicants must possess strong communication skills and knowledge of building supplies.

The ideal candidate will have a class D drivers licence.

If you are organized and possess the ability to multitask in a fast paced environment, please forward your resume by email

admin@haliburtonlumber.com

Only successful applicants will be contacted

HALIBURTON LUMBER
is accepting applications for the following position



ARCHITECTURAL DRAFTSPERSON

We require an energetic individual who can contribute to our Home & Cottage design department. The ideal candidate will have excellent verbal communication skills, knowledge in construction and building supplies, be proficient in AutoCAD and an organized multi-tasker.

If you are motivated and enthusiastic, please forward your resume to:

admin@haliburtonlumber.com

or mail to P.O. Box 534,
Haliburton, Ontario, K0M 1S0

Only Successful applicants will be contacted

420 SERVICES

Same Day Screen Repair
call or visit the
CARRIAGE HOUSE
705-286-2994
www.haliburtonroom.com

Home Services For Hire

400 EMPLOYMENT OPPORTUNITY

Abbey GARDENS

Local Food: Grow. Learn. Shop.

EMPLOYMENT OPPORTUNITY @ ABBEY GARDENS DIRECTOR OF OPERATIONS AND STRATEGIC INITIATIVES

We are currently seeking an experienced Director of Operations and Strategic Initiatives to work with staff and Board members in achieving our goals.

This is a full time position, reporting to the Board of Directors, to provide leadership to the Abbey Gardens team of managers and part-time/seasonal staff.

Responsibilities Include: financial management, planning & development, nurturing partnerships, human resources, marketing & communications, and overseeing strategic initiatives.

For full job description please go to
<https://abbeygardens.ca/get-involved/#jobs>
or contact bolin.barb@gmail.com for more information.

Applications can be submitted via email to bolin.barb@gmail.com
Deadline for applications: Feb.1, 2021

400 EMPLOYMENT OPPORTUNITY



youth wellness hubs
ONTARIO
HALIBURTON COUNTY

Haliburton Youth Wellness Hub Intake Coordinator/Reception Full Time / Permanent

Under the direction of the Youth Wellness Hub Manager, the Intake Coordinator/Receptionist is responsible for helping create an inclusive, welcoming culture for youth 12-25, booking appointments, receiving and processing external referrals, reception duties, providing administrative support to management and staff, maintaining the Dacima database and EMHware and clinical records and generating reports. High School education (Grade 12); 1-3 years related experience working in mental health or related field; Human Service diploma an asset.

We welcome and strongly encourage employment of persons with lived experiences, economic challenges, from First Nations, Métis and Inuit peoples, people of all ages, ancestry, citizenship, ethnic origin, place of origin, faith, creed, disability, family status, marital status, all genders and sexual orientation.

Please visit www.pointintime.ca for a detailed job description.

Send resume by February 5, 2021 to:

Mary Sisson, Youth Wellness Hub Manager
marys@pointintime.ca

or

Point in Time Centre for Children, Youth and Parents
P.O. Box 1306, 69 Eastern Avenue
Haliburton, ON K0M 1S0

CLASSIFIEDS
jobs / homes / merchandise / vehicles / services

Canoe FM Radio



Hottest
Game
in Town!

Listen and Play every Tuesday Night at 6pm
Three games are played each Tuesday Night



For information and a list of stores
selling bingo sheets go to
www.canoeFM.com
manager@canoeFM.com
You can win up to \$800.00 every week!
Bingo License #M819767



560 ANNOUNCEMENTS

Happy
80th Birthday



To the most kind, loving,
generous and beautiful
Wife, Mother, Grandmother,
and Great Grandmother.

Myrtle Bouthoorn

As you celebrate this
very special birthday may you
feel all the love and kindness
you show to others and hope that
it is as wonderful as you are.

Wishing you all the Love & Joy
even though we are not able to be together.
Love you with
all our hearts.



600 FUNERAL SERVICES



13523 Highway 118, Haliburton
705.457.9209
www.communityfuneralhomes.com



(705) 286-2181
Toll Free 1-888-588-5777
Fax: 705-286-6661
127 Main St., Minden

Representatives for Lons Memorials (visit our on site display)

600 FUNERAL SERVICES



~ SINCE 1872 ~

Five Generations of Excellence

Serving Minden Hills, Haliburton,
Kawartha Lakes & Brock Township

Brian Smith
705.324.9222
Office & Showroom
17 Russell St. W.
(Royal Plaza)Lindsay
1.800.461.0282

www.sandersonmonument.ca

Call for information
explaining many of
the options available to you.

We can help...

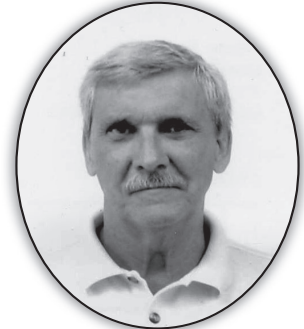
- We offer pre-need and at need packages for cremation, burial and memorial arrangements
- Family and reception centre
- Kids play room
- Bereavement support, services & lending library
- Affordable cost options

www.gordonmonkfuneralhome.com

640 IN MEMORIAM

Don Hall

From Minden
In loving memory of a wonderful
Husband, Father, Gramps and
Best Friend who left us January 19, 2011



"This day is remembered and quietly kept,
No words are needed, we shall never forget,
For those we love don't go away,
They walk beside us every day.
Unseen and unheard, but always near,
So loved, so missed, and so very dear."

Sadly missed and loved forever!

Eleanor, Stewart, Jenny, Glenn, Julie
Chris, Andrew, Ryan, Caitlin and Owen
Family and Friends



WE DON'T BREW OUR BEER FOR THE AWARDS.

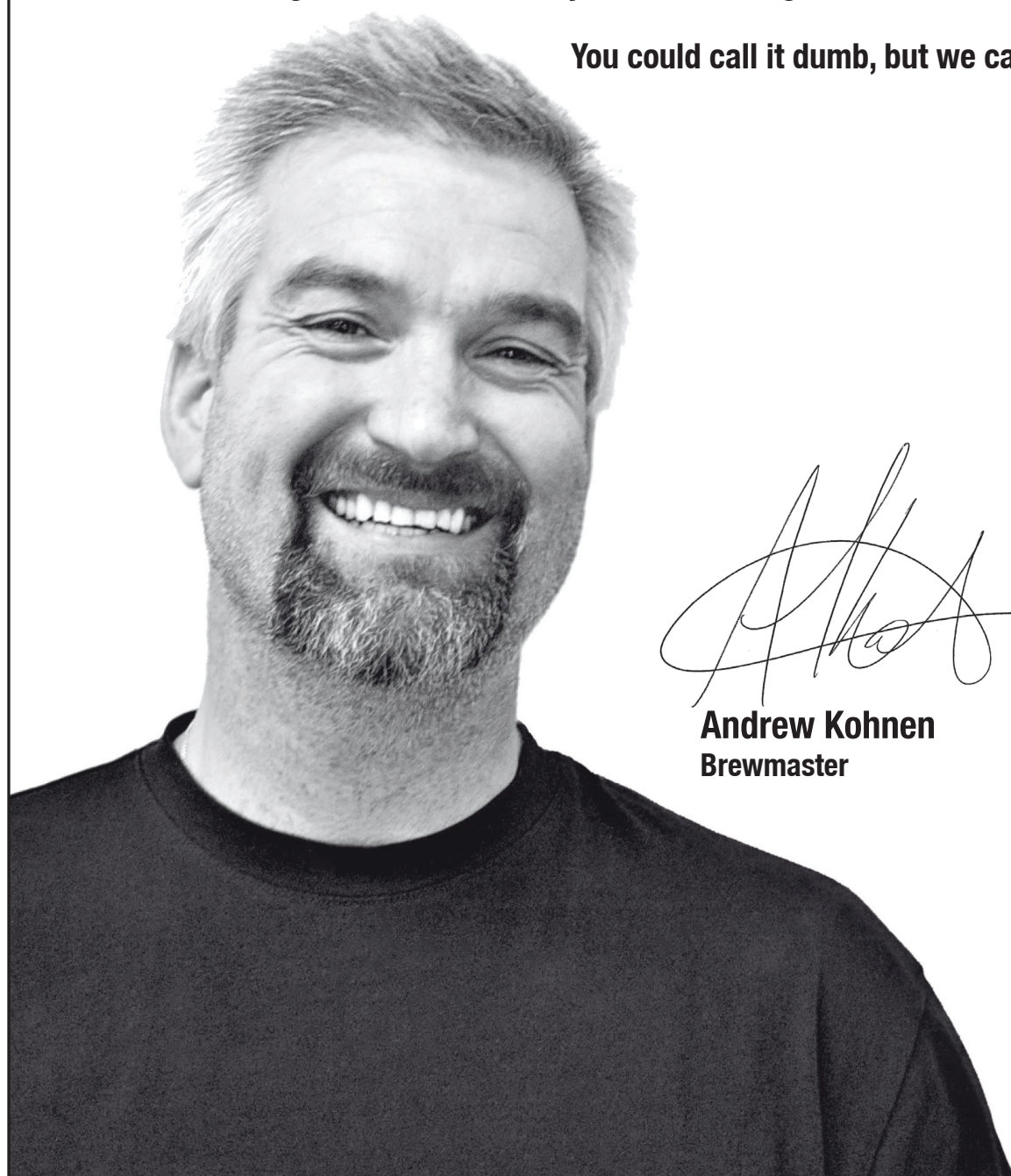


BUT HE DOES!

Our brewmaster, Andrew Kohnen, threw away a successful career in logistics to pursue his dream of reconnecting with the brewing roots of his family. This carried him to the UK's prestigious Brewlab in Sunderland, England, where he procured the alchemy that would drive his signature brewing style.

He took what he could from there and ventured to Scotland, Cornwall, and ultimately to Krefeld, Germany, working in the same brewery that had belonged to his ancestors. He came home to Canada for Hockley.

You could call it dumb, but we call it destiny.



Andrew Kohnen
Brewmaster

Hockley

HOCKLEYBEER.CA

PRENTICE POWER SPORTS LTD.
MINDEN, ONTARIO

THIS WEEK! FLASH!
Extra Discounts Now Available
on In-Stock 09' Ski-Doo's

Sales & Service
Hwy 35, South of Minden
(705) 286-2750
www.prenticepowersports.com

The Times

Minden Ontario celebrates 150 years

WEDNESDAY, JANUARY 7, 2009 No. 2369 \$1.35 INCLUDING GST
Voted ONTARIO'S BEST small town newspaper • www.mindentimes.ca

**The NEW Breakfast Hot Spot
is the OLD Breakfast Hot Spot**
Daily Breakfast at the Dominion Hotel
Open at 7AM
Starting January 12th



113 Main St., Downtown Minden
286-6954 • www.dominionhotelpub.com

LOOK INSIDE



Hockey gold

Highlands cottager Cody Hodgson helps Team Canada win world juniors.
See page 10



Goals for 2009

Community leaders share their aspirations for the coming year.
See page 3



The ice is back

After a tornado destroyed its arena, Kinmount built a new one.
See page 4

In Quotes

"The Vancouver Canucks got a steal by choosing this kid 10th overall pick. Hodgson is all character and as mature a young man as you can find."

TSN's Bob McKenzie about Cody Hodgson
page 11



Minden ignites its sesquicentennial celebration

Minden Hills community services director Rick Cox tends a bonfire of old Christmas trees at last week's New Year's Eve celebration. The event was a kick-off to a year's worth of sesquicentennial events in Minden. More photos on page 2.

2008 weather one for the record books

by CHAD INGRAM
Times Staff

The year 2008 is gone and has taken with it an unusual year of weather for Haliburton County. The county saw its wettest year in recorded history and also experienced some below-average temperatures.

"We had our wettest year on record, or should I say, the year with the most total precipitation,"

said Geoff Coulson, a warning preparedness meteorologist with Environment Canada.

As Coulson explained, while rainfall is recorded in millimetres, snowfall is recorded in centimetres and this value is then converted to a water-based millimetre amount.

The total precipitation for the county was 1,340.7 millimetres, Coulson said, which set a new record. The old record was 1,268

millimetres, set in 1995.

North Bay, Peterborough, Toronto and Wiarton also experienced record amounts of precipitation in 2008, Coulson said, making it a record year for the province.

Haliburton also had its biggest snowfall ever, he said, with 408.3 centimetres of snow falling from January to December.

see MARCH page 3

Protect Your Skin This Winter!



Come in for Expert Advice.

LIVE WELL WITH

PHARMASAVE

Minden Pharmasave

110 Bobcaygeon Rd.
Minden, ONT
K0M-2K0

Ph: (705) 286-1220

Fax: (705) 286-6169

www.pharmasave.com

RIVERVIEW FURNITURE

Flooring~Furniture~Appliances

Blinds~Upholstery

Installation~Free Shop at Home Service

Downtown~Minden

705-286-3167

**THIS WEEK!
FLOORING
SALE**

Hardwood,
Ceramics, Vinyl,
Tile, Carpet

Now offering Curbside pickup & delivery

Customers can call 705-286-1351 or email
Minden@HomeHardware.ca to place an order

MINDEN HOME HARDWARE

705-286-1351

Proudly owned by
Dan & Emily Moulton



**Here's
How.**

building centre

Seniors finding balance in fitness during Friday group

by CHAD INGRAM
 Editor

For three years, Jim Hicks has been enjoying Balanced Fitness classes – a program that combines gentle seated and standing strength, balance and movement exercises – in the auditorium of Minden’s Hyland Crest. The classes are important for Hicks, who has a drop foot and wears a brace, and wants to be extra cautious when walking, especially in the winter.

“I am 90 now, and for sure, I want to do all I can to prevent a fall,” he said. “Half of [the class] is done from a chair, and then if you are able, the second half is standing. I usually end up doing half the standing portion while sitting. There is no pressure - you just do what you can.”

Before most people had ever heard of COVID-19, regular one-hour Balanced Fitness classes offered through Haliburton Highlands Health Services took place twice-weekly in Minden, Haliburton and Wilberforce bringing participants together for a free exercise class to help maintain health and improve strength and balance to prevent falls, but also to feel good during a social event.

“Some days we would have five individuals and other days we would have 30,” said Jamie Allen-Russell, the class instructor for more than two years now. “Numbers [of participants] were growing quickly at the Minden location prior to the pandemic.”

And then, when the world shut down due to the spread of the novel coronavirus, so too did in-person classes that seniors in the community had relied on, creating a gap for participants who benefitted from the social and physical aspects of the classes at a time when staying home meant they might be feeling lonelier and less active.

“As a community support service provider we recognize the community’s need for social and physical engagement – they are key components to health and well-being,” said Allen-Russell. “Individuals in the community were missing their weekly exercise routine, their social gathering and their motivation to get out and get involved.”

And so, in the fall last year, classes resumed in a way they never had before – online.

“Individuals were getting used to the ‘new norm’ and how things worked virtually,” said Allen-Russell. “Phone calls were made and emails were sent out about the possibility of resuming our balanced fitness class but the classes would have to occur virtually.”

Things started off slow, said Allen-Russell, with just one to three participants, but each week more participants join in.

“Connectivity is an issue for many seniors in our community – both with respect to access to devices and basic internet as well as comfort level,” said Allen-Russell. “We were able to work together and figure out a process that worked for everyone by just clicking on one link. Getting used to something new is a challenge for anyone, especially when it comes to technology. Once everyone got ahold of what to do it was smooth sailing. Participants are very much enjoying the classes and some have been asking for more classes and video recorded to do at home.”

Allen-Russell stressed that the process to join isn’t as hard as it might sound, and is quite simple to get set up.

“If you have the internet than you can have Balanced Fitness live classes every Friday,” said Allen-Russell. “There are no requirements to join the classes and participants are fully encouraged to take part to the best of their ability. There is no skill level required and modifications are made to meet the needs of all the participants.”



Complete Dentures

Partial Dentures

Same Day Repairs & Relines

House Calls

143 Bobcaygeon Rd., Minden, ON

stevekerr.denturist@gmail.com

stevekerrdentureclinic.com



CALL NOW TO BOOK A FREE CONSULTATION! 705.286.4888



HHHS Recreation Therapist – Adult Day Program and Balanced Fitness instructor Jamie Allen-Russell, top row, second square from right, waves to participants in the free Balanced Fitness classes offered online by Haliburton Highlands Health Services during pandemic gathering restrictions. The classes can be attended by anyone of any fitness level or physical ability, with modifications made to meet the needs of all participants. /Screenshot

The online classes mean that Hicks can continue to build strength, feel better, and connect with those in his class. “I’m sure that these exercises have kept me stronger and feeling better, especially during these ‘stay home’ days,” he said. “I recommend them very highly.”

For Allen-Russell too, it’s a unique experience in her almost-15 years of experience being a seniors’ fitness instructor. “Our in-person balanced fitness classes were a very social part of our lives prior to the pandemic,” she said. “Some individuals would even arrive 45 minutes to an hour early to help set-up, chit chat and spend time together. Each class started with updates, new information, stories, and of course, a joke.”

“They are the best,” said participant Karen Vick. “I find as far as exercising I get more out of them because I can stay focused. Miss the social aspect of the group. I do LOVE to talk.”

Vick implored Allen-Russell to keep the classes going. “You do an awesome job,” she said. “I thought walking was enough but it’s not. Need what you are doing for stretch and balance.”

Kathy Gartshore agreed that the class helps round out the benefits of other exercise.

“I know the exercises help with all aspects of movement,” she said. “Walking is great for you but I need the exercise to go along with the walking, and I love who teaches us.”

Linda Schrader also applauded the program, as well as Allen-Russell as the group’s instructor.

“The exercise class is great,” she said. “This free program offered has lots of good benefits for us as we age. It helps me with balance and strength. Jamie does an excellent job with

lots of motivation, care and fun. It’s provided me with new friendships as well as keeping me mobile.”

It hasn’t always been easy for Allen-Russell to adapt a class that began in-person to one that’s held online.

“Without my participants physically with me makes it quite challenging to be myself as a person,” said Allen-Russell. “Let’s face it, it’s not easy talking to a computer. With so many screens open to watch, a class to instruct and to be the only person in the room just isn’t the same.”

Seeing familiar faces again, though, makes it worthwhile for Allen-Russell, who said it fills a gap that was empty for many for several months.

When she logged on to the class on Jan. 14, Allen-Russell was joined by 16 participants, quite the increase from the first class.

“As a fitness leader and dedicated HHHS Community Support Service team member it makes me feel honoured and privileged to have such a great supportive group who continue to participate even behind a screen,” said Allen-Russell. “Being able to provide this service to our community is of great benefit to the health and well-being of so many individuals. For me, to see the smiles on everyone’s faces, to hear the laughter in the group, and to see the commitment to return weekly makes me feel that I am providing a much needed service to our community.”

Allen-Russell said she receives thank-you emails and texts after each class, thanking her for a great workout.

“Now that’s reassuring and satisfying,” she said.

For more information about the classes, email jallen@hhhs.ca or call 705-457-5682 for more information.

New Cases Reported Today

0	3	3
Haliburton	KawarthaLakes	Northumberland

Total Confirmed Cases to Date *

43	339	348	730
Haliburton (HAL)	Kawartha Lakes (CKL)	Northumberland (NTH)	HKPRDHU

*Note: Total cases by County and for the Health Unit overall may increase or decrease from previously reported counts as cases may be reassigned to or from the HKPRDHU based on case investigation and routine data cleaning.

COVID-19 Contacts, Cases, Hospitalizations, and Deaths by County *

County	Cases Not Resolved	Cases Resolved	Current High-Risk Contacts	Current Probable Cases	Hospitalizations (Total to date)	Deaths among Confirmed Cases	Deaths among Probable Cases
Haliburton	4	39	14	0	1	0	0
Kawartha Lakes	23	293	71	1	20	23	13
Northumberland	47	295	62	0	8	6	0

COVID-19 Contacts, Cases, Hospitalizations, and Deaths, HKPRDHU

All Counties	Cases Not Resolved	Cases Resolved	Current High-Risk Contacts	Current Probable Cases	Hospitalizations (Total to date)	Deaths among Confirmed Cases	Deaths among Probable Cases
HKPRDHU	72	627	165 **	1	29	29	13

Confirmed COVID-19 cases update

Four new confirmed cases of COVID-19 in Haliburton County were reported on Jan. 18 by the Haliburton, Kawartha, Pine Ridge District health unit. In Haliburton County there are five unresolved cases of a total 43 total cases, and 14 current high-risk contacts. For more information visit www.hkpr.on.ca. /Screenshot from the HKPRD health unit website